



HOW TABLE TENNIS CAN SLOW COGNITIVE DECLINE

Research has indicated that table tennis is the 'number one brain game', with real cognitive benefits for those living with dementia.

PISTA developed a table tennis program for people living with dementia. A program derived from 45 years of research developed by group of experts in sports together with the use of PISTA devices incorporated by the PISTA Sound and vibration.

You can't cure Alzheimer's, but you can delay its effects by playing table tennis. Because the game is inclusive of caregivers, they can also participate in the therapy. It has many other potential benefits besides improving cognition and being enjoyable.

Activities like table tennis stimulate the hippocampus and cause it to grow. It's among the only brain structures that keep making new brain cells throughout life. This part of the brain is responsible for creating new memories and this portion of the brain is smaller in individuals who have Alzheimer's.



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Since table tennis is an aerobic activity, it stimulates and strengthens brain cell growth. It improves concentration and focus. While playing table tennis, those in the early stages of Alzheimer's experience functional improvements in the frontal lobes of the brain. The frontal lobes play an important role in problem solving, decision making, and movement.

Tennis is another sport known to improve mental health. It's great for your memory and learning. Even just playing recreationally requires tactical thinking, creativity, coordination, and agility. Playing tennis is great for keeping your brain active. This stimulates new connections between nerves and encourages continuous brain development.

