

PLAYING SPORTS AS AN ADULT

Regular exercise significantly declines as we age, which can be detrimental to our overall health. For women, it can be particularly challenging to access fitness opportunities.

Participating in sports is a great way to reduce health risks and achieve physical, mental, and social benefits.

Team sports and group activities provide a supportive environment to help you through any learning curves or initial hurdles.

Regardless of your physical abilities or prior experience, there are sports you can participate in with other adults your age.

IDEAS OF HOW TO STAY INVOLVED:

- Play
- Coach
- Volunteer
- Show up! Be a fan and attend events
- Support however you can- tell your friends, share on social media, donate, or sponsor local sports organizations.

Play Gap is an expert when it comes to navigating sports as adults. Contact us for a community and for help finding your best fit.

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