



BalanceHealthSM Newsletter

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Let's Shoot Some Hoops

The NBA playoffs really highlight what a great sport basketball is! Sure, basketball is fun to watch on TV, but it is even more fun to play. With the weather warming up, now is a great time to take your exercise outdoors and shoot some hoops.

Basketball is a fun way to stay in shape and it has many great health benefits:

Cardiovascular Health

Basketball requires continually running back and forth across the court, in addition to jumping to make a shot, and almost constant arm movements whether you are dribbling, shooting, catching, or blocking. All this strengthens your heart and lungs and builds endurance.

Bone Health

Basketball is an impact sport. If you have no joint or bone issues, jumping and running can help strengthen your bones, which helps prevent breaks down the line.

Increased Lower Body Strength

Skip a day at the gym and play basketball instead! Basketball is a great workout for shaping up calf and thigh muscles. Throughout the course of a game you work your entire lower body through sprinting, jumping, and squatting.

Increased Upper Body Strength

Basketball provides a great workout for your shoulder muscles. Dribbling, passing, and shooting the ball can be likened to lifting dumbbells.

Burns Calories

Activities like basketball that combine cardio and strength, really amp up the calorie burn. In addition, basketball is a fast sport that involves shooting, running, dribbling, passing, rebounding, defense, jumping, and much more. With this continuous series of movements, you could burn between 630-750 calories per hour

For more information or advice about basketball, contact your Wellness Coordinator by calling:

1.800.327.2255

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while playing basketball, depending on your weight and intensity.

Improved Coordination

A major component of basketball is catching the ball and of course accurately throwing the ball to make a basket and score. In addition, basketball requires your feet, legs, arms and eyes to all work together to win the game. This improves both hand-eye coordination and spatial awareness.

Finally, playing basketball can increase speed, flexibility, and agility.

Basketball Basics

Like every sport, basketball has its own set of in depth rules, which differ slightly for high school play vs. college vs. professional and men's vs. women's leagues. However, here we will provide you with some very basic guidelines that can get you started if you are unfamiliar with the game.

Basic Rules

Players may throw, dribble or shoot the basketball but may not run with it or kick it. Teams try to advance the ball and shoot it through their designated basket and keep the opposition from scoring through the other. Each field goal, or basket, scores two points, or three points if shot from beyond a specified distance. Any player making illegal body contact with an opposing player is assessed a foul; the opposing team may be given possession of the ball, or an opposing player awarded free throws at the basket from the foul line. Each foul shot is worth one point.

There are many ways to fit basketball into your fitness routine:

- Join an adult basketball league
- Play a pick-up game with a few friends
- Simply go to a local park and practice dribbling and shooting

Contact your Wellness Coach today if you would like more specific information or tips on playing basketball and how it can improve your health.

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