



All about pickleball



Pickleball is the fastest-growing sport in the United States.¹ And it's no wonder—the rules are simple to follow, the equipment is easy to come by and you can play on a modified tennis court, at an indoor rec center, on a driveway and more.

Though it feels like a new sport, it was created in 1965 by three dads in Washington state. With not enough badminton rackets to go around, they had their kids use table tennis paddles and a perforated ball on the court. That was the start of pickleball.²

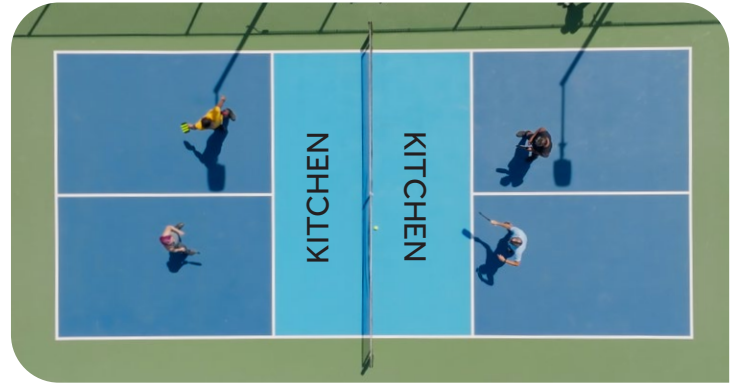
What is pickleball?

Pickleball is a paddle sport. It combines elements of table tennis, badminton and tennis. To simplify it—you hit the ball over the net and score points when your opponent makes errors.

The name comes from “pickle” boats in rowing. Pickle boat crews are made up of leftovers from other rowing teams. It's not unlike how pickleball combines elements of other sports.³

How do you play?

- Most play pickleball in doubles.
- The ball is served underhanded.
- The serve and return must bounce before being hit.
- The “kitchen” is a non-volley zone. Stay out!
- Play until one team reaches 11 with a two-point lead.⁴



What do you need?

A court. There are dedicated pickleball courts, tennis courts that are modified, indoor recreation centers or any space with room to set up a 20x44-foot court.

Pickleballs and a paddle. Paddles can be purchased for around \$20 or borrowed from recreation and senior centers.

No uniform. Wear comfy clothes you can move in and well-fitting sneakers.

Why should you play?

It's great for all ages. It's one of the most inclusive sports out there. You can be young, old, any size or level of fitness and excel at this game.

Plus, pickleball is fun.



Now grab a fun-loving friend or relative and hit the courts!

Always remember to consult with a trained medical professional before starting a new exercise routine.

Learn how we can help support you on your wellness journey.
To sign up or learn more, go to
Go.Livongo.com.

¹<https://sfia.org/resources/pickleball-sees-unprecedented-growth-will-require-25000-courts-built-900-million-investment-to-keep-up-with-demand/>

²<https://usapickleball.org/what-is-pickleball/history-of-the-game/>

³<https://www.sportingnews.com/us/tennis/news/what-is-pickleball-name-history/x0iedchexoyl5e7kh8zmi8zu>

⁴<https://usapickleball.org/what-is-pickleball/master-the-basics/>