



YOU'RE WINNING

Healthy competition is good for you

Activity, especially exercise, is necessary for those who want to stay in their best health.

But for many, exercise is a way to get an additional reward along with better health: the thrill of competition. Participating in either organized tournaments and races or informally within groups or clubs comes with its own rewards. And usually a shiny medal or two.

Great activities to try:



Walking/running



Bicycling



Bowling



Swimming



Dancing



Pickleball

And many more!

A competitive streak

Participating in sports provides more than fitness. It's a good way to improve mental well-being and build social ties.¹ Whether it's a holiday fun run or a local pickleball tournament, training and competing offer additional benefits, like:

- ☆ Increased general well-being
- ☆ Heightened motivation
- ☆ Greater endurance
- ☆ Increased confidence



Build your team

When you choose to compete, it's important to have people to share in your success. They also support you in times of loss. Friendly competition can help you reach your goals and keep you motivated. Participating in competitive sports at any age lets you model sportsmanship and a team approach for others, particularly those who are younger.²

When it comes to finding teammates and training partners, friendships will grow through the shared experiences.

Ready, set, go!

Perhaps you were a tennis player in college and now feel pickleball is more your speed. Marathons may seem simply too far, but 5Ks, 10Ks or even half-marathons are attainable. There will always be something that fits your situation, your age, your health status and your personal preferences. Check out your local recreation center, senior center and even town website to see what's available in your area.



**The benefits of competitive activity are there for the taking.
Consider yourself a winner for making fitness part of your life.**

Before starting any activity, check with your healthcare professional to make sure it's right for your level of fitness.

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

¹<https://www.mcmasteroptimalaging.org/blog/detail/blog/2021/11/03/competitive-sports-can-be-healthy-at-all-ages>

²<https://www.psychologytoday.com/us/blog/words-wellness/202010/healthy-competition-me-myself-and-i>