

Table Tennis + Workplace Wellbeing



Table Tennis England have recently commissioned the National Centre for Sport and Exercise Medicine, Loughborough University to explore table tennis in the workplace and employee wellbeing through our Loop at Work program. One in four people will struggle with mental health at some point in their life. 70,000,000 workdays are lost in the UK every year due to mental illness, making it the leading cause for absence from work. Research shows just 10 minutes of walking can improve wellbeing, the findings below summarise the impact of table tennis.



✓ PHYSICAL ACTIVITY

Table tennis participants are more physically active than those who did not play;

- engaging those already active
- making people active



✓ MOTIVATED TO EXERCISE

People playing table tennis regularly had a higher *quality* motivation to exercise, meaning people that play are more likely to be driven to exercise by true enjoyment and satisfaction, and therefore more likely to continue with an activity



✓ WELLBEING & QUALITY OF LIFE

Regular table tennis players reported better overall quality of life and less negative moods than those who don't play table tennis. Better workplace wellbeing is associated with higher levels of general wellbeing and quality of life outside the workplace



✓ JOB SATISFACTION

Table tennis participants experienced significantly higher job satisfaction than those who play once a month or less. Participants reported greater competence in the workplace and connectedness with their colleagues



✓ POSITIVE ATTITUDE

People who played table tennis in the office reported better overall mood and wellbeing compared to those who didn't.

