

Olympic balloon tennis

2 or 4 players - singles or doubles

2 balloons

An adapted game of tennis whereby the balloons are hit, kicked, or headed over a net or table. Me and my sister used a pool table!

A player scores a point if a balloon hits the floor on their oppositions side.

2 balloons makes it a fast moving game and it definitely got our heart rates racing!

First to 10 points wins the game and both players swap ends. First to 3 games wins the match.

Research shows that aerobic exercise performed five days a week for at least 30 minutes equates to living a longer, better quality of life and management of chronic conditions.

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Getting and keeping your heart rate up improves your cardiovascular health and strengthens your heart by processing oxygen and blood to the working muscles. It also helps you burn calories when working towards weight loss or maintenance.