



Western Reserve

Area Agency on Aging

Summer Pickleball

By Kamryn Kasler

Looking for a new hobby this summer? Consider taking up the sport that's risen in popularity—pickleball! Pickleball, a sport that combines elements of tennis, badminton, and ping-pong, has emerged as a favorite pastime, especially during the radiant summer months. Its popularity can be attributed to its inclusive nature, allowing players of all ages and skill levels to participate. However, for older adults, engaging in pickleball during summer presents unique advantages and considerations. Playing pickleball in the warmth of summer is not just a way to stay active; it's a fantastic opportunity to socialize, soak up some vitamin D, and enhance one's mood and physical health. Yet, as temperatures rise, older players should take extra precautions. Staying hydrated becomes paramount; carrying a water bottle and taking frequent sips can help prevent dehydration. Also, wearing light and breathable clothes while making sure to apply lots of sunscreen can help protect against the sun's harmful rays. It's also wise to schedule games during cooler times of the day, such as early mornings or late afternoons, to avoid the peak sun hours. Seeking shaded courts or those with adequate facilities to cool off can also provide relief and ensure a safer play environment.

Beyond the physical benefits, pickleball can significantly improve mental well-being. The joy of competition, the camaraderie among players, and the sheer pleasure of mastering a new skill can uplift spirits. Pickleball is a fantastic way to stay healthy and active during the summer. It's a great blend of physical activity, social interaction, and mental stimulation, making it the perfect choice for older adults who want to stay active and have fun!

In fact, earlier this year, Western Reserve Area Agency on Aging (WRAAA) saw the benefits of pickleball for consumers and chose to do their part to ensure everyone can have a chance to play and do so safely. WRAAA installed two pickleball courts in their office and invited coaches to teach staff the ins and outs of the game. Not only was this an initiative to teach staff how to play the popular game, but some say they are interested in getting certified to become coaches themselves. Now, the team at WRAAA is proficiently trained, not just in understanding the benefits of physical activity for older individuals, but also in guiding them toward engaging in active sports such as pickleball. This initiative aims at encouraging older adults to embrace a more active lifestyle overall, ensuring they are well-informed on safe practices to minimize injuries. Interested in learning more? Call Western Reserve Area Agency on Aging's Aging and Disability Resource Center at 800-626-7277 for more information.

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