

5 Reasons Why You Should Play Bocce

There are plenty of benefits to playing bocce, but here are the top five:

1) It's Enjoyable and it Relieves Stress

Bocce is a game of leisure and the main reason to play is to enjoy yourself! Set aside life's stressors and worries for a little while to enjoy some recreation time with your friends and maybe even add some spice to it. Bocce combines social activity, light exercise, and outdoor time which is a great recipe for stress relief. Decreasing stress has health benefits and will have a positive impact on your mood and improve your overall quality of life.



2) It Helps Improve Your Coordination

To be a good bocce player, you need good hand-eye coordination because you need to make sure you release the ball at the right moment and get it as close to the pallino as possible. And the more you play the game, the better you will get at it. So playing bocce can help you improve your coordination, which could come in handy for other activities as well.

3) It Sharpens Your Mind

While some people may think that they can just throw their ball as hard as possible to win at bocce, that is not exactly the case. Although a little strength is essential, there is a lot more brain power involved in bocce. You need to carefully put factors like distance and velocity into consideration before you bowl. This engages your brain and keeps it active and sharp.

4) You Get to Do Some Light Cardio

Bocce is essentially a low-impact game, but it does involve some light physical activity. Although you're not going to burn as many calories as you would while swimming or cycling, it does enable you to do some light cardio. Staying on your feet and moving up and down the court after each frame are some mild forms of exercise.

5) You Can Improve Flexibility

Playing bocce involves movements such as bending your body and extending your arms. So you're flexing and moving your joints without causing too much strain on them. This can be a great way to improve flexibility, which is particularly useful for seniors in maintaining their mobility.