

Top 5 Reasons why joining a volleyball league can improve your fitness!!!

**By Nicole Boslovitch
VISION Elite Coach**

Getting into shape does not always have to be labour. Working out can be fun. The secret is to join a sports team. Of course, here at Volleyball Winnipeg we would encourage all of you to join one of our volleyball leagues and here's why...

1- Commitment

Being the member of a team greatly increases the likelihood you will get off the couch and participate.

You've all been members of a gym and can remember making that commitment to yourself to go out three times a week. No excuses. A few months later you've all but given up on attending regularly and start working on a diet. Perhaps lowering your calorie intake will keep you looking fit.

When you join a sports' team your commitment isn't to yourself, but rather to the members of your team. This is far more meaningful and results in regular attendance by most participants. Want to guarantee you attend your work out? Join a sports team.

2- Fun

Unlike a "work out" at your local gym, playing a sport is fun! I know this goes against the, "No pain, no gain" talking point you've heard all your life, but just like food that is great for you but tastes like cardboard, and no one will eat, few people have the discipline to endure monotonous gym routines by themselves for any length of time. It may be good for you, but it is difficult to manage on an ongoing basis.

The answer is joining a sport team (or two) and having fun when engaging in physical activity. Not sure you're going to have fun, just watch children at play and it will remind you of what you've been missing.

3- Goal Setting

How motivating is life's routine now that you are enjoying the 9-5 work cycle. Let's see. Get up; go to work; come home; watch some tv; chat with the family; go to bed. Repeat. Now that's exciting stuff.

Being the member of your local sports' team means you are playing to win your league championship. Train a little extra. Motivate each other. Win your championship. This is rewarding at any age. Don't believe me? Come out and see for yourself. Regardless of the tier, the competition is fierce during the season-ending tournament and EVERYONE wants to win.

4- Friends

Whether you are a small group of players or an individual looking for a team, joining a sports team is an excellent way to interact with others and make new friends.

Here's a simple question? How many friends have you made at your local gym? The likely answer is none. The gym is simply not the greatest venue in which to engage with others.

The fact that participation in team sports results in greater interaction with others is the appeal. Working with your team to attain a desired goal (win your championship) is inherently more satisfying than working out on your own.

5- Affordable

You can participate in many team sports (including volleyball) for as little as \$10/month. Few athletic endeavors are more affordable.

Want to learn more about the many opportunities in which to play, contact us today at hello@volleyballwinnipeg.ca

Article by,

Nicole Boslovitch
VISION Elite Coach

Posted May 12, 2018