

# Why play Pétanque?

## **EXERCISE**

An afternoon of Pétanque is a mini workout. You just don't realise you're exercising. You walk around, you bend up and down, you use different muscles in throwing your boules. The process is a real benefit for your health. The fresh air blows away the cobwebs.

## **DISCIPLINE**

Showing respect for the rules and your opponent is fundamental in this sport. Learning to accept defeat is part of this. Accepting the lucky bounce whether it's for or against you. Shaking the winner's hand even though you're hurting inside...

## **TEAM WORK**

In doubles or triples each player has their role. To win you need to work together, supporting each other's strengths, supporting each other's weaknesses.

## **MENTAL STIMULATION**

It's not just a case of who can roll their boule closer to the coche. Instead, like chess you must consider your next shot so it fits in with your basic strategy and you adapt your tactics to each new situation. It makes your brain tick. People realise gradually that it's not a game but a sport with many levels. You have to think your way through a game.

## **SOCIAL**

Pétanque brings people together from all walks of life. And what's better than to feel part of a club and help it grow. Make new friends. Build new networks. Get out and enjoy life. Pétanque opens doors to new relationships and experiences.

## **EQUALITY**

Pétanque is a great equaliser. It is an inclusive sport that is open to all people to fall in love with. It doesn't require great strength. Married couples can play together on equal terms, children can beat their parents and grandparents. Pointers can beat Shooters.

## **LUCK/SKILL BALANCE**

While there is an element of luck because of the surface we play on good players usually win but not always. If it's going your way and you're getting the luck you can beat anyone. Unexpected victories make your day and you talk about them for months.

## **WRITE A NEW CHAPTER IN YOUR AUTOBIOGRAPHY**

Pétanque will change your life. You'll meet more people. Make new friends and travel to new places. You'll volunteer as a club organiser. You'll have more social opportunities. You will attend club presentation ceremonies. You will be fitter and happier. You'll wonder how you managed without it.