Five Ways to Wellbeing case study

Jason takes to the court

Having taken up badminton recently, Jason is enjoying the healthy competition.

I try to keep as active as possible, although making the time to go out after work or during the working day is not always easy. I cycle to the court and back and this helps with keeping me fit.

I’ve always played competitive sport to keep my fitness levels high and enjoy chatting to others. It’s important to have some time with blokes your own age, I find some of the best conversations happen when you’re involved with something else like playing sport.

Badminton is a new activity for me, and I’m enjoying it. I have been introduced to new people and made firm friends. A few of us play at Gainsborough Sports Centre in Ipswich every Wednesday and it’s a social, fun thing to do. We don’t take it too seriously but that doesn’t mean I don’t get a kick out of winning a few points!

There’s nothing like the adrenalin boost you get with playing a game like badminton to unwind after a long day, and set aside all other worries. You really do leave feeling better than when you started. With the opportunity to chat to others between games, and during the warm ups, I get to learn more about my fellow players. I’m a sociable person so this is a good opportunity to connect with others.

To find out more about opportunities to connect and be active, visit the five ways to wellbeing pages at www.healthysuffolk.org.uk