

Padel incentive to promote Mental Health Awareness week

Game4Padel, the UK's leading padel operator, will be offering 25 per cent off court bookings across its UK venues including Edinburgh Park, Barnton Park and Thistle Tennis and Padel to mark Mental Health Awareness week (13-19 May).

Padel is widely regarded as the world's fastest growing sport and it is claimed to have many mental health benefits:

It is highly sociable and generally played in doubles so players are closer to each other on the smaller court, encouraging plenty of interaction.

Organisers say It is easy to learn making it accessible for those who may have previously not considered racket sports – or want to try something new.

The technical challenge of playing the ball off the walls and anticipating the angle of bounce, keep it mentally engaging for even the top players and fun for those learning padel.

Michael Gradon, CEO of Game4Padel, said: “When we saw that the theme for this year's Mental Health Awareness Week was ‘Move More’, we wanted to encourage people to try out padel. The benefits of physical exercise on mental health are well documented and padel has many factors that can aid positivity, mindfulness, emotional wellbeing and mental resilience.

“When I’m on the padel court I totally switch off from everything else that’s going on around me.”

Game4Padel courts can be booked in advance via the Game4Padel website.

To take advantage of this 25 per cent offer, please use the code MENTALHEALTH25 when booking your court. To find your local court, please visit <https://www.game4padel.com/choose-a-club>

BOOST YOUR MENTAL HEALTH

Move more for your mental health. Padel is an easy sport to learn and play, and it's sociable, accessible and fun!



Find your local court by clicking the QR code. Enjoy 25% off court bookings during Mental Health Awareness Week (13-19 May) by using code MENTALHEALTH25

Game4Padel