

## **Why Play Bridge? – Boost Your Immune System**

Believe it or not, there are said to be significant benefits to health and well being if you play bridge regularly. This was shown in a study undertaken by Professor Marian Diamond from Berkeley University in 2000.

Playing a game of bridge requires you to concentrate. This helps keep your brain active and, apparently, helps boost your immune system.

For the study, Professor Diamond used a group of 12 women in their 70s and 80s. He took blood samples from them before and after playing bridge for an hour and a half. Amazingly, 2/3 of the women showed increased levels of T cells in their blood – the very cells that the body uses to help fight infections.

## **Why Play Bridge? – Keep Your Brain Active**

We all know the old adage – “use it or lose it”. With more and more people living long, healthy lives and surviving to a ripe old age it is important to keep your brain active and alert so you can enjoy your long life. This means that people are increasingly aware of the need to find activities that will help keep their brain active and alert and this is where playing bridge can help. Playing bridge means you have to use your mathematical abilities, you have to concentrate and you have to plan ahead. All great ways of keeping your brain working well.

## **Why Play Bridge? – Social Benefits**

Bridge is a social game. It's a great way of getting out and meeting new people. It's a good excuse for friends to meet regularly, enjoy a few games and exchange news and gossip. If you are a bridge player there will always be clubs, and groups of people who will welcome you as a member. You never need to be lonely.

If you are housebound and unable to get out, you can play bridge online. Click on the “trial membership” logo at the top left of this site to join the best online bridge learning site. Before you know it you will be competent enough to join an online bridge room, where you can meet fellow bridge players, play games of bridge and chat.

## **Why Play Bridge? – Benefits For Children**

Many people have the mistaken idea that bridge is a game played only by older people. This isn't true. Anyone of any age can play bridge. Even small children can learn mini bridge. Teaching your children to play bridge helps them with their maths. It helps them with mental arithmetic. It helps them learn to concentrate and be calm. It helps them to learn to think and plan ahead. In fact it's an ideal game to teach children and will give them skills that will last a life time.