



Let Cloud9Padel assist you with Padel as a Corporate Entertainment Tool, Team Building or a Health and Wellness Programme. We can put together a **FUN event to suit your specific needs and budget!**

Top 10 Benefits of Playing Padel

Padel is a sport that has been around since the late 60's, but it really started to take off around the world in the mid 90's. The sport has only recently found its way to South Africa, but it has exploded onto the scene with over 100 000 players already in the country.

There are many reasons why Padel is so popular, but we list our top 10 below:

1. It is a lot of fun!
2. Relatively inexpensive in comparison to most other sports
3. It is easy to pick up
4. It is suitable for all ages
5. Team play
6. It is very social
7. Helps relieve stress
8. Life Skills
9. Improves co-ordination and reflexes
- 10. Great for fitness and cardiovascular activity**

Investing in employee health and wellness for a more productive workforce

Investing in the health and wellness of your employees isn't just the right thing to do—it also offers significant productivity benefits for your company. Employees who are healthy are more effective in their jobs, but it's also motivating for them to know they work for a company that prioritizes their health and wellbeing.

Encourage work-life balance

Too many workplace wellness programs ignore the very real costs to mental and physical health that poor work-life balance impose on employees. An effective wellness program might encourage, or even require, employees to take time off for vacations, spending their lunch hour truly unplugged from work or engage in activities that most employees can partake in. **So why not introduce them to Padel, the game taking SA by STORM!**

What are the 4 pillars of health and wellness?

1. Exercise
2. Relaxation
3. Nutrition
4. Sleep

These pillars work together to keep your mind and body healthy.

Contact:

Gina Read
Cloud9Golf + Cloud9Padel
gina@cloud9golf.co.za
082 805 6098
www.cloud9golf.co.za