

# Health Benefits YOU.FO

## Increased mental acuity

As it takes discipline and concentration to play YOU.FO (time and persistence is needed to develop skills, techniques and tactics), players will develop mental discipline. Also other benefits as mental performance, mood and performance in school/work are shown to improve.

## Arm exercise above hearth level

The technique of throwing and catching within YOU.FO ensures players to perform with their arms above the level of the hearth. In recent studies it has been reported that during arm exercise performed above the level of the heart, the initial O<sub>2</sub> uptake (blood flow and, by implication, O<sub>2</sub> delivery) to the exercising muscles increases which will lead to a faster adjustment of the initial O<sub>2</sub> uptake.

## Full-body strengthening workout

Because of the unique technique of throwing and catching within YOU.FO, it can be defined as a full-body strengthening workout. Both upper, as lower body parts are used during YOU.FO.

## Socialization

Team sports like YOU.FO are shown to increase the social interaction, social skill level and social cohesion.

## Good for mental health

People who engage in YOU.FO for prolonged time periods can relieve the symptoms of mild to moderate anxiety, depression and feelings of isolation. In addition it promotes stress relief and minimizes the effects of stress-related ailments, such as insomnia.

## Improve cardiovascular health

The aerobic endurance and strength training within the YOU.FO training programs and matches is recognized as a powerful tool to improve aerobic work capacity, endothelial function and the cardiovascular health. In addition, YOU.FO training programs and matches are shown to decrease body weight and diastolic blood pressure.