



I didn't realise my mum was so competitive!

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Posted On: September 03, 2019

A group of older women from Bradford's Asian community are discovering the delight of physical activity through ping pong.

Around 40% of all women over the age of 16 are classed as 'physically inactive', with that number rising to 50% of all Asian women.

The Women Zone charity in Bradford wanted to do something about that in the local community and invested in a table tennis table, with fantastic results, as shown by the latest in our #PowerofPing series of inspirational films.

As one of the charity's leaders said: "There's no chance we were going to get them into a spin class, so we came up with a way of making it more fun and brought ping pong in.

"Once they play, you can see them becoming empowered and feeling 'I can do this' – and even competing as well. I played with my mum and I didn't realise she was so competitive! I'm overwhelmed about how much it has impacted on the ladies."

One of the players added: "Now that I come here, I engage with everyone else. I have someone to talk to and with the games, I have something to do rather than just sitting down, so it's helped me."

* The #PowerofPing campaign, launched to coincide with the 10th anniversary of Ping!, consists of a series of short films telling the stories of some of the inspirational projects and people involved in the programme. [Click here to watch the other films released so far.](#)

If you have been inspired to play, Ping! provides FREE family fun in thousands of public places around England – find out where you can play by clicking this button:

[button link="https://www.pingengland.co.uk/#placestoplay"]Click here to find your nearest Ping!

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