



We're backing We Are Undefeatable!

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Table Tennis England is proud to support [*We Are Undefeatable*](#), the national campaign aiming to inspire and support people with long term health conditions to build physical activity into their lives, in a way that their condition allows – have a little *knock* with a friend on difficult days, or *smash* it on your good days!

The campaign is inspired by, and features, the real-life experiences of people with long term health conditions, such as depression, dementia, arthritis, heart disease or type 2 diabetes, getting active in a way they works for them, despite the ups, downs and unpredictability of their condition. People with one or more health condition are twice as likely to be inactive than those without. At present 44.8% of people with health conditions are considered 'active'.

Led by 15 of the major health and social care charities (Richmond Group of Chairities), We Are Undefeatable is backed by expertise, insight and significant National Lottery funding from Sport England.

When you're managing a long-term health condition, being active is about finding what works for *you*. Table Tennis England is on a mission to bring ping pong to the people and with variety of a health benefits associated with playing and the accessibility of the game, Table Tennis is perfect for someone managing a long term health condition, you can win points while taking it easy on your joints.

[Click here to watch video case studies on our We Are Undefeatable page](#), including Parkinson's Disease, dementia and brain injury, and to find places which enable and promote inclusive table tennis for anyone and everyone.

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