



VETTS players' starring role in BBC anti-ageing show

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The anti-ageing effects of playing table tennis are soon to come under the spotlight on a primetime BBC1 programme – and some of our veteran members play a key role.

Legendary broadcaster Angela Rippon will host *How to Stay Young* alongside Dr Chris van Tulleken.

The two-part programme is a journey into our bodies and our minds as the hosts travel the world investigating the latest experiments and new research that could help put the brakes on the ageing process.

Table tennis features in the second show, which focuses on the latest research into ways of keeping the brain healthier for longer.

The BBC team up with Kings College, London, to carry out a study into which exercise is best for the brain, putting brisk walking and table tennis head-to-head.

The table tennis segment features footage from the European Veterans' Championship in Tampere, Finland last year, and features action and interviews with several VETTS members who were competing there.

Table Tennis England Deputy Chairman and VETTS Chairman Susie Hughes who helped with the programme said: "It was a great opportunity to be able to showcase what our elite senior players can do.

"These players are the best in the country in their age groups and went to Finland to take on – and beat – the best in Europe. However, for many people in their 70s and 80s, table tennis remains a popular sport. They are playing and enjoying table tennis in clubs around the country week after week throughout the year, either as competitive league players, or enthusiastic social players who enjoy the fun of the game.

"They clearly demonstrate the life-long benefits table tennis can bring for health and well-being. Whatever level

it is played it, it shows that table tennis is a sport, for all for life.”

The BBC’s press release on the show says: “*How To Stay Young* features inspirational centenarians, cautionary tales and offers tricks and tips to improve the cards we’re dealt – all with one ultimate goal: to help us live better and healthier lives for longer.”

The first episode is broadcast on Thursday April 7 from 9–10pm, with the second episode featuring table tennis to be shown the following week, Thursday April 14, at the same time.

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