



# instantPING! pong

anytime  
anywhere  
anyone

## Why chose Instant Ping Pong?

Time is a valuable commodity. There aren't many people who have the time to go to a gym or sports centre after work, let alone afford the fees. What could be better than having access to a fun and exciting activity where you work that can be played free of charge?

More than that, ping pong is a social game that can be played with your friends or help you meet new ones. There is no need to change into sports gear either, although high heels are not recommended!



## Anytime

Instant Ping Pong brings sport to where you are. Everything you need to play ping pong is in the pack, and the rollnet takes seconds to set up and put away. It literally is Instant!



## Anywhere

The rollnet can attach to almost any table so anywhere you have an empty desk or table, you can play ping pong. Play in the office, staff rooms, canteen or even on the outdoor picnic tables if the weather is good.



## Anyone

Instant Ping Pong can be played by everyone. The Play Cards show how fun, inclusive games can be run as well as providing competition formats. Age, gender, ability - it doesn't matter, everyone can play and enjoy ping pong!

## Further Potential

The applications for table tennis extend beyond being a fun activity.

It is a low impact sport that requires good balance and coordination, making it an excellent activity to include as part of rehabilitation exercises.

One of the success factors of a rehabilitation programme is adherence by the individuals taking part. With the Instant Ping Pong Pack table tennis can now be played in the home without the need for an expensive table. The whole family can take part and support the activity.

# OUTDOOR TABLE TENNIS

Outdoor table tennis tables provide access to the sport in a location near you. Outdoor tables are a great way to fill an empty space with a compelling, healthy and safe activity.

Permanent siting of outdoor table tennis tables is relatively easy to provide in public spaces and can engage a variety of people by getting them active within a social environment, close to their place of work.

As well as providing an activity for staff, the tables can also provide an activity for younger visitors to occupy them during long patient visits or waiting times.

We have produced a guidance document that will help you identify a site for an outdoor table and choose the right outdoor table to purchase.

For more information please contact:

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