

DO-IT-YOURSELF (DIY) BADMINTON

Spend 30 minutes being active with your family two to three times per week with different takes on badminton. Not enough time? Try a different game for 10 to 15 minutes over several days.



WHAT YOU NEED:

Rackets for each player and a shuttlecock. Don't have the equipment? Make your own from household materials using this guide.

WHERE TO PLAY:

In a park, your backyard or your home.

LET THE GAMES BEGIN:

Time to serve, rally and shuttle your way to a more active, healthy family.



TO MAKE YOUR OWN RACKET, YOU WILL NEED:

- A wire clothes hanger
- Women's stocking/pantyhose
- Masking or duct tape

1. Bend a wire hanger into an oval shape.
2. Use the end with the curved hook for the handle.
3. Slide a sock or stocking onto the wire frame and over the curved hook.
4. Wrap tape around the hook and stocking to create the handle.

Optional: Make your own inside racket using a paper plate and a wooden stick. Tape the stick to the back of the paper plate.



TO MAKE YOUR OWN SHUTTLECOCK, YOU WILL NEED:

- An empty plastic bottle with cap
- Scissors
- Tape

1. Using scissors, cut a small empty plastic bottle in half.
2. Discard the bottom portion.
3. Carefully cut 1-inch lines around the top of the bottle.

Optional: Make a shuttlecock by crumbling a large piece of aluminum foil into a ball.



TIME TO PLAY:

1. **Longest rally** – Count how many times you can hit the shuttlecock to each other without it touching the ground.
2. **Challenge yourself** – See how many times you can bounce the shuttlecock on your racket without letting it fall.
3. **Keep it airborne** – See how many different people can touch the shuttlecock before it touches the ground.
4. **Alphabet game** – Pick a theme, perhaps food, sports or celebrity names. Each time someone hits the shuttlecock, say a word starting with the next letter of the alphabet (such as apple, beet, carrot, doughnut, egg, fig, etc.).

