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 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.

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.

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.).

Not all exercises are suitable for everyone. Before engaging in any physical activity, please consult with your doctor about how much and what kind of physical activity is right for you.