

# ♠ Learn ♥ to ♦ play ♣ bridge..... ....because:

**Bridge is social.** As a social game, bridge is unparalleled and a great way to meet new people. It can be played at many different levels, ranging from a social foursome, right up to local, national and international competitions. At whatever level you play, you are guaranteed to make a new network of friends!

**Bridge is a game for all ages.** Bridge is probably the only competitive activity that all generations can do together and all have an equal chance of winning. It is a myth that bridge is an old person's game. It is a game best learnt when you are young and enjoyed for the rest of your life. It is a game that you can spend your whole life studying, learning and playing yet never fully master!

**Bridge is good for the mind.** It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure. Playing bridge uses and develops logical thinking, inferential analysis, problem solving skills, sequencing, visualization, lateral thinking, long and short-term memory, observation and psychology(or cunning). Bridge is already on the national curriculum in some enlightened countries such as China and Poland. In the UK, a simplified form of bridge known as Minibridge is beginning to be introduced into schools.

**Bridge brings health benefits.** It is believed that bridge can boost the immune system through its stimulation of the dorsolateral cortex, which is involved in the higher order brain functions needed to play the game. Playing bridge regularly will keep your brain young and your mind alert and recent research has suggested that it may even stave off degenerative diseases such as Alzheimer's.

**Bridge is great fun & Bridge is exciting!** If you can play bridge you will never be bored. It combines the best qualities of all games - the cerebral challenges of chess, the suspense and psychology of poker and the excitement of a competitive football match. Bridge truly offers a unique combination of challenges and with every deal different, success depends on a combination of technique, teamwork and tactics.

**Bridge is a great leveller.** Bridge is played by people of all ages, from all walks of life and from all social and ethnic backgrounds. When four people sit down at a table to play bridge together, none of the usual prejudices apply, all that matters is the game and the challenge it presents. Bridge is probably the only game in the world where ordinary players can rub shoulders with champions. If you play tennis it is unlikely that you will ever end up playing against Roger Federer, or indeed enjoy the experience if you do. However, you might well find yourself at the same table as his bridge counterpart and even win the odd deal!