

The Health Benefits of Tennis.

Various studies have been published describing the health benefits of tennis. They conclude that playing tennis regularly* may:

- ✓ Lower the risk of heart disease.
- ✓ Improve bone health.
- ✓ Improve aerobic fitness.
- ✓ Build strength.
- ✓ Improve coordination and agility.
- ✓ Help people manage adversity.
- ✓ Improve problem solving ability.
- ✓ Increase the capacity to deal with stress.
- ✓ Promote continued development of the brain.

IN ADDITION STUDIES REPORT THAT:

- ✓ Tennis players seem to have above average self esteem.
- ✓ Tennis develops positive personality characteristics.
- ✓ Tennis is a fun way to derive these health benefits.
- ✓ Tennis is a lifetime sport – there are significant numbers of players of all ages.
- ✓ Tennis can be played by men and women together.

How do you define regularly?

- 3 hours of tennis a week or more can cut the risk of death from any cause in half (Ralph Paffenburger: College Alumni Health Study).
- 2 to 3 times a week with singles providing a more vigorous work out. Doubles play is sufficient for middle aged and senior players to meet ACSM and American Heart Association recommended exercise levels.

tennisontario.com

