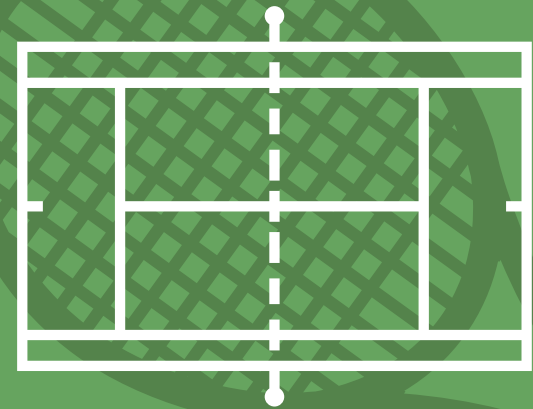


TOP 10 REASONS TO PLAY TENNIS

the sport of a lifetime



YOUR BODY

Get Fit

Lose Weight, Burn Calories-
An hour of singles play can
burn 580-870 calories*

According to a 2014 Mayo Clinic study

Live Longer

Playing just 3 hours/week
will reduce your risk of
heart disease 56%*

According to a 2016 Harvard University study

Strong Heart, Muscles and Bones

Compared to other sports,
Tennis players have the
lowest incidence of
cardiovascular disease*

40 year study conducted by John Hopkins
University

Hand Eye Coordination

Playing tennis involves several
skills that all contribute to good
hand-eye coordination. You can
improve your agility, balance,
coordination reaction time
and more.

YOUR BRAIN

Stress Reducer

Tennis involves physical,
mental, social and
emotional challenges,
which increases your
capacity to deal with
stress.

Brain Power

From alertness to
tactical thinking, tennis
enhances the neural
connections in your
brain. Kids who play
tennis regularly get
better grades*

According to a 2013 USTA study

Problem Solving

Tennis is a sport based
on angles, geometry and
physics, which translate
well off the court

YOUR LIFE

Family and Friends

Great for the whole family
no matter what your age.
With minimal equipment
needed and plenty of courts
nearby, it's easy to bring a
friend or find one at the courts.

Develop Teamwork and Sportsmanship

From doubles play to team
and league play, tennis develops
your ability to communicate and
work together

Improved Social Skills

Tennis outperforms all
other sports in developing
positive personality
characteristics*

According to a study by Dr. Jim Gavin
at Concordia University

Tennis is FUN! Get started TODAY!

playtennis

Let TENNIS add years to your life- and life to your years!
Go to USTA.com or PlayTennis.com to find a place to play!