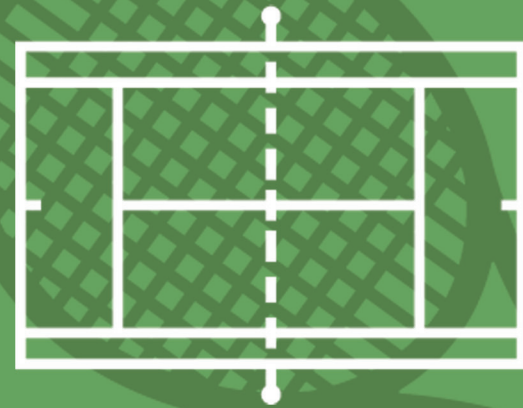


# TOP 10 REASONS TO PLAY TENNIS

the sport for a lifetime



## YOUR BODY

### Get Fit

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

According to Oja, et al, Brit J Sports Med, 2016

### Live Longer

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

According to a 2016 Harvard University study

### Strengthen Heart, Muscles and Bones

Compared to other sports,  
tennis players have the  
lowest incidence of  
cardiovascular disease.

40-year study conducted by Johns Hopkins University

### Develop 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

### Reduce Stress

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

### Increase 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

### Learn to Solve Problems

Tennis is a sport that is  
based on evaluating angles,  
geometry and physics to get  
the best result, which  
translates into better problem-  
solving off the court.

In the late 1990s, several experts proposed that tennis, since it requires alertness and tactical thinking, may generate new connections between nerves in the brain and promote a lifetime of continuing brain development. This was supported in John Ratey's book, "Spark." Ratey was quoted in USA Today as saying, "A heart-thumping game of tennis can keep the brain in top shape."

## YOUR LIFE

### Enjoy 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.

### Improve 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!