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 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 on 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



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 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."

Tennis is Fun! Get Started Today!

Let tennis add years to your life — and life to your years! Go to USTA.com to find a place to play!

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The United States Tennis Association

As the national governing body for tennis in the U.S., the United States Tennis Association USTA) champions the sport's growth at every level, from local communities to the highest level of the professional game. **Growing Tennis to inspire healthier people and communities everywhere** is the mission of the USTA, and nowhere is that more clearly supported than through the work happening in public parks.

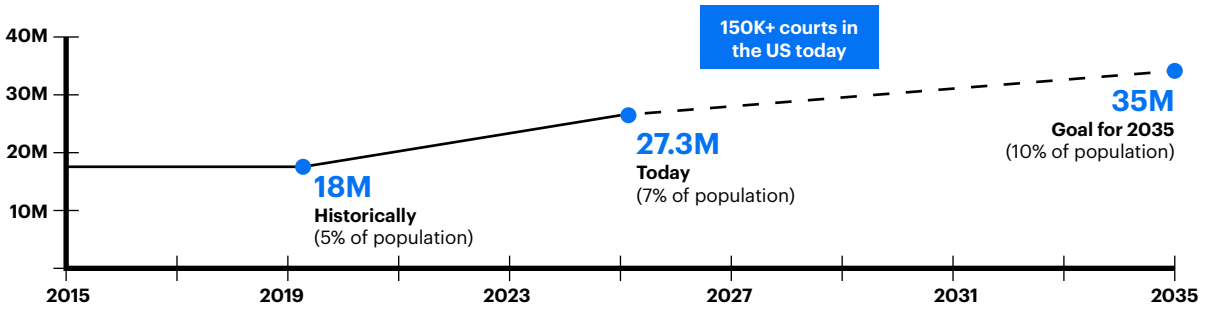
Did You Know?

RECORD PARTICIPATION:
In 2026, U.S. tennis participation surged to a record 27.6 million players, 46%+ since 2019. One in every 12 Americans (age 6) played tennis in 2024 - the highest proportion on record.

PUBLIC TENNIS COURTS:
The majority of all U.S. participants play their tennis inexpensively on public park, school, and community center tennis courts.

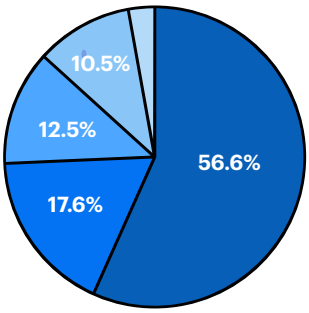
* 2026 U.S. Tennis Participation Report

Tennis Participation Over Time



The Diversity of Tennis

PARTICIPATION ('24) & GROWTH ('19-'24) BY ETHNICITY



- White / Caucasian, +20%
- Hispanic / Latino, +125%
- Black / African American, +100%
- Asian / Pacific Islander, +60%
- Other, ~250%

4.5	55+ years old
3.3	45-54 years old
3.8	35-44 years old
4.8	25-34 years old
3.5	18-24 years old
3.1	13-17 years old
3.4	6-12 years old

Quick Links

Learn More about USTA Grants

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Tennis in the Parks

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