

# WHY TENNIS?

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Discover the Health Benefits of Tennis for  
Individuals & Communities



# TENNIS: It's a Lifetime Sport!

- 🎾 Tennis becomes a lifetime fitness regime. Players enjoy its social emotional, and physical benefits long after they can play other sports.
- 🎾 Scientists have known for years that playing tennis on a regular basis is an excellent way of staying healthy, maintaining fitness, and increasing longevity. Recent studies have shown that its health and fitness benefits are even greater than originally expected.
- 🎾 It's easy to get started. Any club, CTA, teaching pro, or player can help you find a way to get in the game. Equipment is inexpensive and public courts are everywhere.

# TENNIS: Improves Cardiovascular Health & You'll Live Longer!

- 🎾 The Cleveland Clinic calls tennis “an ideal sport for a healthy heart,” and reports that the risk of death from all sources was 47% lower for racquet sports players.
- 🎾 International Journal of Exercise Science reports that playing tennis 2 or more times a week for ten years can add up to 9.7 years to your life!
- 🎾 That beats soccer, cycling, swimming, and jogging.

# TENNIS: Builds Overall Fitness

- 🎾 An hour of singles can burn 580-870 calories; doubles around 500.
- 🎾 Regular play lowers body fat, improves cholesterol levels & reduces risk of diabetes.
- 🎾 Tennis players tend to have increased bone density as well as stronger more flexible muscles, tendons & ligaments than less active contemporaries.
- 🎾 Numerous studies have demonstrated that tennis improves agility, balance, and coordination (including hand-eye coordination) & reduces reaction times.
- 🎾 Conditioning improves overall health and strengthens the immune system.

# TENNIS: Improves Emotional Health

-  The links between physical and emotional health are well documented.
-  Tennis involves teams or a network of friends who enjoy being together.
-  Tennis teaches sportsmanship and teamwork and builds lifetime friendships that extend beyond the courts.
-  Players learn to cope with stress, to think strategically, and to problem-solve on the fly - all important skills in today's world.

# TENNIS & KIDS

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Health Benefits of Tennis Apply to Kids Too

# TENNIS & KIDS: HEALTH & FITNESS BENEFITS

- 🎾 Research indicates that children & adolescents who play tennis realize the same health & fitness benefits as adults, including:
  - ✓ Better cardiovascular conditioning
  - ✓ Greater endurance
  - ✓ More strength
  - ✓ Increased flexibility, balance, coordination & agility.
- 🎾 Several studies suggest a “dose” relationship between tennis and fitness: the earlier people start playing, the more often they play and the longer they continue playing, the greater the fitness gains.
- 🎾 Sports scientists recommend that young people participate in a variety of sports & avoid early specialization. Because it benefits overall athletic development, tennis is an ideal off-season sport for all athletes & a sport they can play long after their playing careers end in other sports.

# TENNIS & KIDS: SOCIAL, EMOTIONAL & PSYCHOLOGICAL BENEFITS

- 🎾 Young tennis players build psychological strengths & life management skills that contribute to overall health, including the enjoyment of regular physical exercise.
- 🎾 These players rate very high in responsibility, self-discipline, self-control and stress management, and below average in anxiety.
- 🎾 Studies have placed youth tennis players well ahead of their non-playing peers in spontaneity, sociability, mental focus, competitiveness, and risk-seeking.
- 🎾 Conversely, behavioral analyses have shown that kids who play tennis are less likely to engage in harmful behaviors like smoking, drinking and drug use.

# TENNIS & KIDS: SOCIAL, EMOTIONAL & PSYCHOLOGICAL BENEFITS

- 🎾 Youth tennis players tend to do better academically than non-players, and it is well known that academic success is statistically linked to overall health and fitness.
- 🎾 This academic multiplier effect seems to be independent, at least to some extent, of socio-economic status, as indicated by outcomes from National Junior Tennis and Learning Network chapters across the nation.

# TENNIS & OLDER ADULTS

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Health Benefits of Tennis for Seniors

# TENNIS & OLDER ADULTS: SOCIAL, EMOTIONAL & PSYCHOLOGICAL BENEFITS

- 🎾 Seniors who play tennis regularly are demonstrably healthier and fitter, both physically and mentally, than sedentary adults in their age cohorts, and they are likely to live longer with fewer major physical problems.
- 🎾 This is generally attributed to the combination of regular exercise and frequent social interactions with tennis-playing friends. This is “dose-dependent” - the more frequently seniors play, the more likely they are to remain physically and mentally fit.

# TENNIS & PEOPLE WITH DISABILITIES

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Benefits of Tennis for Adaptive & Wheelchair Players

# TENNIS & PEOPLE WITH DISABILITIES: THE BENEFITS OF TENNIS APPLY TO EVERYONE!



- Tennis is available everywhere to everyone – USTA has a variety of programs for people with special needs:
  - Developmental, such as Autism, Downs Syndrome, or learning disabilities.
  - Physical, including visual and hearing impairment, neuromuscular diseases, stroke rehab and wheelchair use.
  - Emotional and psychiatric, including mental health issues, substance abuse or physical and mental abuse.

# WHY TENNIS?

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# **THE REAL QUESTION IS... WHY NOT TENNIS?**

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**The benefits speak for themselves...**

- Extend life expectancy almost 10 years
- Improve nearly all aspects of physical health
- Improve social & emotional wellbeing
- Improve cognitive functions like problem-solving
- A sport you can play with your kids and grandkids
- Tennis has a place for **EVERYONE**, regardless of age or physical ability