

Why play TENNIS?



- **Aerobic Fitness** by burning fat & improving your cardiovascular fitness and maintaining high level energy levels.
- **Anaerobic Fitness** by offering short, intense bursts of activity during a point followed by rest which helps muscles use oxygen efficiently.
- **Bone Strength & Density** by strengthening bones of young players and helping prevent osteoporosis in older ones.
- **Gross Motor Control** through court movement and ball striking skills which require control over your large muscle groups.
- **Flexibility** due to constant stretching and maneuvering to return the ball toward your opponent.
- **Leg Strength** through hundreds of starts and stops which build stronger leg muscles.

HEALTH

- **Ability to Accelerate** by practicing in sprinting, jumping, & lunging to move quickly.
- **Speed** through series of side-to-side and up-and-back sprints to chase the ball.
- **Eye-hand Coordination** because you constantly judge the timing between the oncoming ball and the proper contact point.
- **Immune System** through its conditioning effects which improve overall health, fitness and resistance to disease.
- **General Body Coordination** since you have to move into position and then adjust your upper body to hit the ball successfully.
- **Agility** by forcing you to change direction as many as 5 times in 10 seconds during a typical tennis point.
- **Dynamic Balance** through hundreds of starts, stops, changes of direction, and hitting on the run.
- **Cross Training** by offering a physical demanding sport that is fun to play for athletes who also specialize in other sports.
- **Fine Motor Skills** by the use of touch shots like angled volleys, drop shots, and lobs.
- **Nutritional Habits** by eating approximately before competition to enhance energy production and after competition to practice overall.



FLORIDA