

10 REASONS TO PLAY TENNIS



NO. 10: A LONGER LIFE



- Scientists and doctors around the world point to tennis as one of the healthiest activities that you can participate in because it delivers overall physical, mental and emotional gains. It will add years to your life.

NO. 9: A HAPPIER LIFE



- Tennis engages your mind and body at the same time, unlike a traditional workout at the gym. Because tennis players are more confident, healthier, less stressed and more socially interactive, they're just plain happier.

NO. 8: IT'S SOCIAL



- On court and off, you're guaranteed to make friends through tennis. The sport encourages interaction, communication and just plain fun. Plus, it's great for making business connections too.

NO. 7: THE WHOLE FAMILY CAN PARTICIPATE



- No matter the age, gender, ethnicity, ability level or fitness level, tennis is perfect for families to play together. Few sports can offer the opportunities for families that tennis can.

NO. 6: TENNIS TEACHES LIFE LESSONS



- Participants, particularly youngsters, develop a work ethic, learn sportsmanship, accept responsibility, manage mistakes, enhance discipline, learn to compete, cope with pressure and adversity, develop healthy habits, learn teamwork and more.

NO. 5: TENNIS BE ANYTHING YOU WANT IT TO BE



- Looking for competition, social play, team camaraderie, a good workout, time with family or friends, tournaments and national championships? Tennis has all of that, and more. The sport can be anything you want or need it to be.

NO. 4: IT'S FUN



- At every level of the game and at every age, from 10 and Under Tennis through the most senior leagues, players have fun while getting a great workout.

NO. 3: IT DEVELOPS YOUR MIND



- Tennis requires alertness, tactical thinking and problem solving, and evidence suggests it may generate new connections between nerves, promoting a lifetime of continued development of the brain.

NO. 2: FITNESS



- The constant movement and action in tennis will burn calories, build muscle, increase bone strength, improve flexibility, fine-tun coordination and enhance overall health and fitness.

NO. 1: IT'S A SPORT YOU CAN PLAY YOUR WHOLE LIFE



- There's no other sport you can play throughout your lifetime from the earliest ages to your latest years--that gives you the physical, mental, emotional and social benefits tennis gives you.