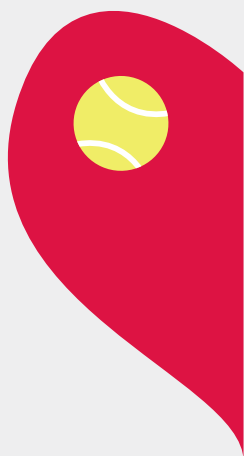


THE Benefits Of Tennis

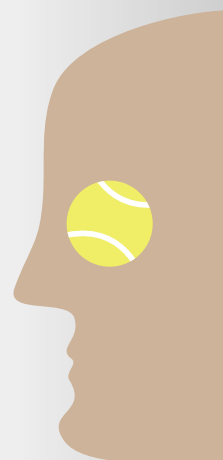
Physical

- ▶▶ AN HOUR OF SINGLES CAN BURN 580-870 CALORIES – MAYO CLINIC
- ▶▶ AN IDEAL SPORT FOR A HEALTHY HEART – CLEVELAND CLINIC
- ▶▶ DEVELOPS AND STRENGTHENS MUSCLES
- ▶▶ OUT OF 60 SPORTS, TENNIS RANKED IN THE TOP 12 – ESPN
- ▶▶ IMPROVES BALANCE, COORDINATION AND REACTION TIME



Mental

- ▶▶ IMPROVES CRITICAL THINKING AND PROBLEM SOLVING SKILLS
- ▶▶ BUILDS LEADERSHIP SKILLS
- ▶▶ REINFORCES HARD WORK AND SELF-DISCIPLINE
- ▶▶ MANAGES AND REDUCES STRESS



Social

- ▶▶ PROMOTES POSITIVE PERSONALITY AND FITNESS DEVELOPMENT
- ▶▶ DEVELOPS SOCIAL SKILLS FOR ALL AGES AND ABILITIES
- ▶▶ GREAT ACTIVITY FOR THE ENTIRE FAMILY
- ▶▶ TEACHES VALUE OF FAIR PLAY AND SPORTSMANSHIP
- ▶▶ DEVELOPS TEAMWORK AND COMMUNICATION SKILLS
- ▶▶ IMPROVES SELF-ESTEEM

