

LONG LIVE TENNIS

FOR THOSE WHO TENNIS LIVE LONGER

TENNIS INDUSTRY UNITED



HEALTHY HEART

Playing just 3 hours/week will reduce your risk of cardiovascular disease by 56%.



SMASH STRESS

Playing Tennis promotes physical, mental, social, and emotional health which can help with managing stress.



STAY SOCIAL

Tennis helps build and keep friendships and social interactions that enhance well-being and happiness.



IMPROVE YOUR COORDINATION

Playing tennis uses skills that all contribute to good hand-eye coordination and reaction time. Plus, improve your agility and balance.



GET FIT

Playing tennis 150 minutes a week meets global exercise recommendations and increases fitness levels.

To learn more about the amazing benefits of tennis, visit

[TENNISINDUSTRYUNITED.COM/HEALTHBENEFITS](https://www.tennisindustryunited.com/healthbenefits)

Endorsed by the USTA Sports Science Committee.

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