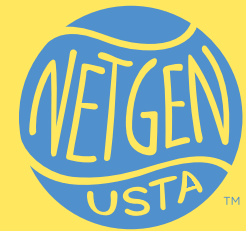


SMASHING BENEFITS OF TENNIS!

THE AMAZING HEALTH BENEFITS OF TENNIS



GOOD GRADES

Tennis requires alertness and tactical thinking, which may generate new connections between nerves in the brain, promoting a lifetime of continued brain development. 48% of youth tennis players have an “A” average and spend more time studying.



COLLEGE BOUND

81% of youth tennis players say they will attend college.



LESS RISKY BEHAVIORS

Youth players report less drinking and cigarette smoking.



PHYSICALLY ACTIVE

Kids who play tennis are less likely to be overweight. They are more likely to gain physical skills that can keep them active for a lifetime.



STRATEGIC PROBLEM SOLVING

Tennis players use geometry and physics principles to evaluate angles to get the best result. This application of knowledge improves problem-solving off the court.



SELF-CONFIDENCE

Tennis players exhibit higher self-esteem and optimism than other athletes or non-athletes. Tennis players show lower tension, anger, and depression, too.

To learn more about the amazing benefits of tennis, visit

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

TENNIS INDUSTRY UNITED



Endorsed by the USTA Sports Science Committee.

2013 USTA Study-Foundation

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