

# TENNIS - FOR THE HEALTH OF IT! <sup>SM</sup>



**Tennis can improve your overall health, including your mental and physical fitness, according to world-renowned scientists from a variety of disciplines. Here are the facts:**

- People who play tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause.
- Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and nonathletes.
- Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing brain development.
- Tennis outperforms golf and most other sports in developing positive personality characteristics.
- Competitive tennis burns more calories than aerobics or cycling.

**TENNIS**  
*for the*  
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**With these facts in mind, review the 34 specific reasons why you should consider playing regularly!**

<http://tennis-health.com/LinkClick.aspx?fileticket=ntc0%2bcjMxIU%3d&tabid=79&mid=418>

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