

Tennis is booming!

Why you should “get in the game”

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Did you know that tennis is one of the fastest growing sports in North America? This is according to Sports Participation research and equipment sales from 2020 and 2021.

Millions of new and former players took to the courts in record numbers during the last two years, as the benefits of the sport provided a perfect mental and physical escape during challenging COVID times.

Deemed one of the first sports safe to play during COVID, tennis is a naturally social distancing sport both indoors and outdoors, and whether playing singles or doubles. Tennis players swap slices - not sweat, and the game provides plenty of stress relief offering both a social and competitive outlet.

Adding to this Tennis Buzz is the incredible success of young Canadian stars like Felix Auger-Aliassime, Leylah Fernandez, Denis Shapovalov, and Bianca Andreescu, who are the talk of the pro tours. However, you don't need to have a world ranking to enjoy the game, as tennis has something for players of all ages and abilities.

Tennis has long been considered the ultimate lifetime sport as it can be played from ages 5 to 95. But did you know there is actual scientific evidence that supports this? Playing tennis regularly has been shown to literally extend your life, while also providing physical, mental health and social benefits.

Don't take our word for it — take a look at the facts below to see why tennis is the best sport to develop a strong mind, body and spirit for a long, healthy and active life.

The ball is in your court!

LIVE LONGER

Want to live longer? **PLAY TENNIS!**

People who played tennis or other racquet sports had a 47 per cent lower risk of all-cause mortality compared with those who played no racquet sports, according to a study published in the *British Journal of Sports Medicine* that included over 80,000 UK adults at least 30 years of age. People who played tennis and other racquet sports also had a 56 per cent lower risk of CVD mortality.

In another study out of Copenhagen that compared eight different sports, investigators found that tennis players had the greatest gain in life expectancy — 9.7 years longer than people who did not exercise.

PHYSICAL BENEFITS

Improve your fitness — The stop-start nature of the game mimics what you see on treadmill programs but an hour on the tennis court seems like 15 minutes while an hour on the treadmill seems like an hour on the treadmill. An hour of singles play can burn 580 to 870 calories.

Healthy heart — Playing just three hours a week will reduce your risk of heart disease by 56 per cent (according to a 2016 Harvard University study). Compared to other sports, tennis players have the lowest incidence of cardiovascular disease (40 year study conducted by Johns Hopkins



The ball is in your court this summer to try out free group tennis lessons, through Tennis Nova Scotia's Try Tennis! initiative. PHOTO CONTRIBUTED

University).

Develop better balance, agility, coordination and stamina — Playing tennis involves numerous skills that help improve your agility, balance, hand-eye coordination, reaction time, stamina and more.

MENTAL HEALTH BENEFITS

Reduce Stress — Tennis helps you deal with physical, mental, social and emotional challenges, which increases your capacity to deal with stress in everyday life.

Increase brain power — From alertness to tactical thinking, tennis enhances the neural connections in your brain. Kids who play tennis regularly get better grades.

Develop problem-solving skills — Every point in tennis is a problem-solving exercise. Players need to respond to their opponents' shots in real time, like a high speed and physical game of chess. This requires quick

thinking about court coverage, spins, angles, and geometry on nearly every point. Studies have shown that tennis, since it requires physical and mental alertness and tactical thinking, can help promote a lifetime of ongoing brain development. Sudoku and crossword puzzles have nothing on tennis.

SOCIAL BENEFITS AND LIFE SKILLS

Enjoy family and friends — Tennis is a wonderful activity for the whole family, no matter what your age or ability. With minimal equipment needed and public tennis courts and clubs readily available, it's easy to get in the game with family & friends.

Teamwork, sportsmanship and social skills — Tennis is both an individual and a team sport. Playing doubles and/or on a league team helps develop your ability to communicate, work together, persevere and deal with

wins and losses in a positive way.

Develop positive personality traits — Tennis outperforms all other sports in developing positive personality characteristics.

Want to start playing tennis? It's never been easier! Tennis Nova Scotia and its participating member clubs and organizations are offering free Try Tennis classes between June 17 to July 3 to introduce new players — or those who haven't played in a long time — to the sport.

These free group lessons will show you just how much fun tennis can be. Each participating facility will offer free lessons delivered by certified and trained instructors, and all the equipment needed — racquets and balls — is provided for you. All you need is a pair of tennis shoes.

To find out more and sign up for a free Try Tennis lesson, visit trytennisnovascotia.com.