

What's a fun and exciting workout for your entire body, mind, and spirit? Consider the following facts...

- *This sport may generate new connections between nerves in the brain since it requires alertness and tactical thinking.*
- *This sport outperforms golf, inline skating, and many other sports in developing positive personality characteristics.*
- *This sport's players scored higher in self-esteem, optimism, and vigor than other athletes and non-athletes.*
- *Played competitively, this sport burns more calories than aerobics, inline skating, or cycling.*

Here's another hint...it's what the PRO Sports Club was founded on.

You guessed it. Tennis!

Not only does it provide a great social outlet, tennis works all parts of your body from your arms, legs, abs, lower back, to your heart. The Cleveland Clinic Heart Center, which is ranked #1 in America for heart care, calls tennis "an ideal sport for a healthy heart." In fact, Bjorn Borg, who won several Wimbledon and French Open titles, was rumored to have a resting heart rate of 45 beats per minute.

Playing tennis on a regular basis has positive physiological, psychological, and physical benefits, including increased calorie consumption, reduced blood pressure, and decreased stress. Competitive play burns an average of 493 calories an hour. Tennis can also help maintain or improve balance, mobility, agility, strength, and fitness.



The Game for Complete Fitness

In addition to the cardiovascular fitness it provides, tennis also enhances anaerobic fitness through the short, intense bursts of activity which work the "fast-twitch" muscle fibers. These are the muscles which give you quick reaction time, exploding into action.

"You get an overall body workout because you're using more than just your legs," says Tennis Pro Paul Moseby. "Your legs, arms, waist, shoulders, wrists, pretty much your whole body is involved in hitting a tennis ball. And it takes a lot of practice like anything else. Just like a piano player, you're not going to get good in one year. Sometimes it takes a lifetime. Tennis forces you to develop a good work ethic. It takes time and discipline to be able to repetitively hit a ball cross-court in a specific area at a specific speed.

Most of the time, you're making mistakes, so tennis teaches you how to mentally deal with making errors. At first, many people get upset with themselves. But if you keep going out there, after a while, the anger diminishes because your skill level improves and you also realize that getting angry is a wasted emotion. When you make a mistake, you want to spend 3-5 seconds figuring out what kind of ball it was, how you made the mistake, how you could have corrected it, and then go on. Forget about it and focus on the present. Tennis forces you to stay in the present, the here and now.

Sometimes there are certain points in tennis where the stress is bigger, like break point or set point. You learn how to handle the bodily emotions that go along with that, like nervousness, anxiety, and the heart rate going up. A good tennis player learns control through breathing exercises. You learn how to recover, both physically and mentally. Tennis is a sport which benefits you in so many ways throughout your lifetime."

One of the best things about tennis is that it makes fitness fun! It's a great social outlet, not to mention a family sport. Last year, the sport was played by 11.3 million adults ages 25 and up. For an enjoyable, time-efficient and social workout, there's no better sport than tennis!

"Tennis gives you such an unbelievable workout...in such a short amount of time. No sport compares, especially ones you can play for your entire life..."

- Serena Williams

For more information on tennis visit the Front Desk Concierge or call 425-861-6230.