

PHYSICAL HEALTH

Tennis is ideal for long-term health benefits. It is the only sport where a person can be an active participant from age 3 to 103. The Cleveland Clinic has called tennis “an ideal sport for a healthy heart.” In fact, playing tennis just 3 hours per week can reduce your risk of heart disease by 56%. A nine-year study of 80,306 British adults, average age 52, reported tremendous benefits for tennis players:

- Risk of death from all causes: 47% lower among those who played racquet sports
- Risk of death from heart disease or stroke: 56% lower among racquet sports players

Tennis players live longer. A Mayo Clinic study of 8,577 Americans over the age of 25 found that playing tennis can extend your life by nearly 10 years, more than three times longer than running:

- Tennis: 9.7 years
- Badminton: 6.2 years
- Soccer: 4.7 years
- Cycling: 3.7 years
- Swimming: 3.4 years
- Running: 3.2 years
- Calisthenics: 3.1 years
- Health club activities: 1.5 years

SOCIAL HEALTH

The vast majority of organized tennis is played as a team sport: adult leagues, middle and high school teams, Division 1-3 collegiate tennis, Tennis on Campus, and Junior Team Tennis.

Tennis creates a network of friends who socialize beyond the court; this is vital today as technology often isolates people. For children and students, tennis teaches important life lessons about working together and working as a team.

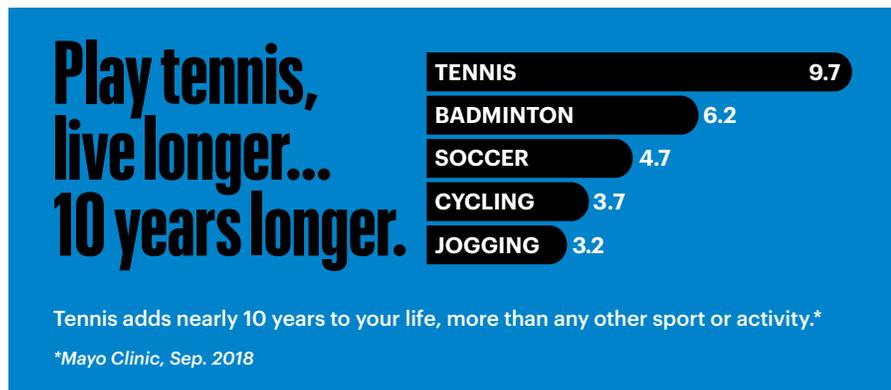
MENTAL HEALTH

Because tennis helps deal with physical, mental, social and emotional challenges, the sport is ideal for helping participants cope with stress. When playing tennis, challenges are ever-present, so individuals become problem-solvers on the fly. From alertness to tactical thinking, tennis helps keep the brain agile and young, and helps to relieve tension.

INCLUSIVE SPORT

Tennis is an inclusive sport. Advocating for tennis in your community can help increase participation in the sport from both under-resourced and under-represented populations. The USTA's Diversity, Equity & Inclusion strategy is designed to grow and promote our sport to the next generation—and future generations—of fans, players and volunteers. The USTA is removing barriers and creating opportunities wherever it can so that tennis becomes a true reflection of all of America.

Tennis is a game that can be adapted for any mental, physical or emotional ability. There are more than 200 active adaptive programs that welcome and support athletes of all ability levels across the U.S. Tennis is therapeutic for individuals dealing with post-traumatic stress or other mental health issues, stroke survivors, and those on the



autism spectrum, to name just a few. Athletes with cognitive disabilities learn and play the game, enjoying the social nature of clinics and tournaments. Volunteers and coaches working with adaptive programs find they benefit from the experience as much as the athletes.

Diversity, Equity, & Inclusion are integral to the USTA mission of promoting and developing the growth of tennis and has been a formal area of focus, with a team in place to lead our efforts, since 1994. We are committed to striving for equity and leveling the playing field of opportunity for all.

Attracting, engaging and retaining a new generation of diverse tennis participants is a key to our future relevance as a sport and our ongoing success as a national governing body. At the USTA, we celebrate the open format – the idea that anyone from anywhere should be able to play and compete. That’s the driving force behind our Diversity, Equity, & Inclusion strategy, designed to grow and promote our sport to the next generation – and future generations – of fans, players, coaches and volunteers.

Contact the USTA Diversity, Equity & Inclusion team at diversity@usta.com.

Financial disparity is consistently identified as a significant barrier that prevents players from getting into the sport. To help boost tennis participation among aspiring under-resourced players, both the USTA Foundation and USTA Player Development, along with many USTA Sections, have created grant programs for programs and individual players. To learn more about these grants, click [here](#).

The USTA is also committed to enhancing the diversity of the workplace through recruitment, hiring, retention, training and professional development of a diverse group of employees. It also strives to maintain and promote an inclusive culture in which individual differences are respected and valued as qualities that strengthen the working environment and contribute to promoting and developing the growth of tennis at every level.

Long live tennis, for those who tennis live longer.



Get Fit

Lose Weight,
Burn Calories

An hour of singles
play can burn
580-870 calories.

*Oja, et al, British Journal
of Sports Medicine, 2016*



Strengthen Heart, Muscles and Bones

Compared to other sports,
tennis players have the
lowest incidence of
cardiovascular disease.

*40-year study conducted by Johns
Hopkins University*



Develop Hand-Eye Coordination

Playing tennis
involves several skills
that contribute to
good hand-eye
coordination. You can
improve your agility,
balance, coordination,
reaction time and
more.



Live Longer

Playing just 3 hours
per week will reduce
your risk of heart
disease 56%

Harvard University, 2016

[USTA Health & Fitness Resource Page](#)

Youth Who Play Tennis

48% 
GET BETTER GRADES

73% 
ARE BETTER BEHAVED

81% 
SAY THEY WILL ATTEND COLLEGE

82% 
ARE MORE COMMUNITY-MINDED AND WELL-ROUNDED

ARE HEALTHY AND LESS PRONE TO RISKY BEHAVIORS

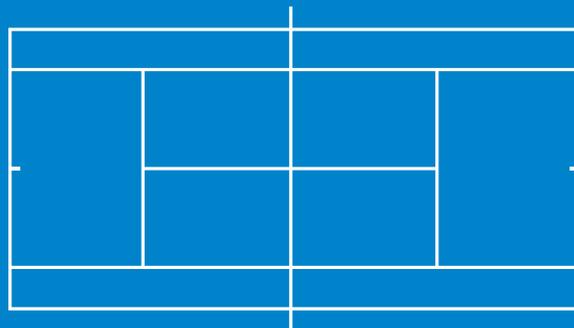


TENNIS PARTICIPATION POSITIVELY INFLUENCES THE LIVES OF U.S. YOUTH ACROSS ALL SOCIOECONOMIC LEVELS.

**2013 USTA Foundation Special Report.*

Top 10 Reasons to Play Tennis

THE SPORT FOR A LIFETIME



Your Body

GET FIT

Lose Weight, Burn Calories
An hour of singles play can burn 580–870 calories.

According to Oja, et al, Brit J Sports Med, 2016

LIVE LONGER

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

According to a 2016 Harvard University study

STRENGTHEN HEART, MUSCLES, AND BONES

Compared to other sports, tennis players have the lowest incidence of cardiovascular disease.

40-year study conducted by Johns Hopkins University

DEVELOP HAND-EYE COORDINATION

Playing tennis involves several skills that all contribute to good hand-eye coordination. You can improve your agility, balance, coordination, reaction time and more.



Your Life

ENJOY FAMILY AND FRIENDS

Great for the whole family no matter what your age. With minimal equipment needed and plenty of courts nearby, it's easy to bring a friend or find one on the courts.

DEVELOP TEAMWORK AND SPORTSMANSHIP

From doubles play to team and league play, tennis develops your ability to communicate and work together.

IMPROVE SOCIAL SKILLS

Tennis outperforms all other sports in developing positive personality characteristics.

According to a study by Dr. Jim Gavin at Concordia University



Your Brain

REDUCE STRESS

Tennis helps you deal with physical, mental, social, and emotional challenges which increases your capacity to deal with stress.

INCREASE BRAIN POWER

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

According to a 2013 USTA study

LEARN TO SOLVE PROBLEMS

Tennis is a sport that is based on evaluating angles, geometry and physics to get best result, which translates into better problem-solving off the court.

In the late 1990s, several experts proposed that tennis, since it requires alertness and tactical thinking, may generate new connections between nerves in the brain and promote a lifetime of continuing brain development. This was supported in John Ratey's book "Spark." Ratey was quoted in USA Today as saying, "A heart-thumping game of tennis can keep the brain in top shape."

Tennis is Fun! Get Started Today!

Let tennis add years to your life — and life to your years!
Go to USTA.com to find a place to play!