

Tennis is a fascinating and dynamic sport that is useful for physical and mental development. At the same time, you can start doing it in more adulthood.

Here are five pluses of tennis games for health.

You will live longer. One long -term observation study showed that those who regularly play tennis live almost 10 years longer than those who lead a sedentary lifestyle. Another tennis turned out to be the most useful among the run by cowardice, swimming, bicycle, badminton and football.

You will improve the operation of the musculoskeletal system. Game of tennis helps to reduce the risk of falls, as it improves dexterity and balance. This was said by the Doctor of Medical Sciences Ryan Rauk, associate professor of the department of orthopedics and a certified surgeon-orthopedic surgeon in the field of sports medicine at the Medical Center of Veksner at the University of Ohio.

Correct mental health. Recent scientific work showed that tennis helps college students reduce the symptoms of depression and establish social ties. Classes of any command sport are useful for adult mental health. Interestingly, the study of 2023 also showed that the even, soothing sound of the tennis ball hitting the racket can reduce anxiety.



Vin Hn / getty images

The heart will work better. Tennis refers to aerobic exercises that support the health of the heart, protect against the development of type 2 diabetes and high blood pressure. According to the results of one study of 2022, the tennis game protects women in postmenopausa from endothelial dysfunction. This means that they have less chance of encountering a heart attack and a stroke.

Memory and cognitive functions will improve. Thanks to tennis, you pump the reaction rate and brain function. The results of the scientific work of 2022 showed that this sport improves working memory and cognitive flexibility in children who have been playing for more than a year.

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