

WHY TENNIS COULD SAVE YOUR LIFE

*My mentor in tennis--a saint--
Had a system that had not a taint.
"You won't lose at all
If you hit every ball
At a spot where the other guy ain't.*

A recent feature article in the ***British Journal of Sports Medicine*** followed more than 80,000 people over an average period of nine years, to find out if certain sports protected them against early death.

It found that people who played TENNIS regularly were the least likely to die over the study period, reducing their individual risk by 47 per cent compared with people who did no exercise. Swimmers also reduced their chance of death by 28 per cent, aerobics fans by 27 per cent and cyclists by 15 per cent. Yet playing football or rugby appeared to have no impact at all on dying early.

There's a number of speculative explanations given in the article, including:

- *The social aspects of tennis (having fun, and chatting while playing?)*
- *That tennis transcends ageing (whereas football/rugby players tend to become spectators when injury takes hold?)*
- *That tennis is all year round and every day of the week (whereas other sports tend to be seasonal or weekends only?)*

As well as the benefits to overall mortality, the researchers found that playing tennis was also associated with a 56 per cent lower risk from heart death. Likewise, swimmers lowered their heart disease or stroke risk by 41 per cent, and people who took part in activities like aerobics, keep fit, dance or gymnastics lowered their risk by 36 per cent. But again, football and rugby had no significant impact on heart deaths.

Faringdon Tennis Club now has more than 250 members. The youngest is four (and showing real potential...). And the oldest? Well - twice a week, spectators can only stand back in awe as our oldest member takes his opponents to the cleaners through canny racket skills and clever positional play – honed over 87 years.

It's clear that if you play tennis regularly then age is just a number.

Do *you* happen to fall into this 4->87 years age bracket?

The new season starts 1st May 2017. Anyone who joins the Club now automatically gets these run-up months (March/April) free-of-charge - as part of their 2017 subscription.

Want to know more? Google "Faringdon Tennis" and do your heart a 56% favour!

*He advised this additional bit
To assure the success of the hit:
"You must put the ball where,
If the guy isn't there,
It's a spot where he never can git."*