Tennis can help you stay on your feet®

Balance
Playing tennis requires you to take off and land on one foot, counter balance and control your body, challenging your balance.

Strength
Tennis keeps the core, arms and lower body strong so the muscles can hit the ball more efficiently.

Endurance
Tennis involves continuous movements over multiple sets which increases your heart rate and breathing.

Agility
Tennis requires you to react quickly to speed up, slow down and change direction in a small area.

Power
Tennis involves short and fast movements which help our muscles stay strong and quick.

Coordination
Tennis requires hand-eye coordination and coordination of the lower and upper body to hit the ball with accuracy and speed.

Cognition
Tennis is a tactical game and involves quick decision making, helping us to train our brain.

To get involved with tennis visit www.tennis.com.au/wa or speak to your local council to find a public court near you.
Balance: Balance is our ability to stay upright and stationary when standing still and in control during movements. Balance occurs unconsciously and helps us with activities, like walking and going down stairs. We can improve our balance with thirty minutes of physical activity that challenges our balance most days.

Strength: Strength training is when we do exercises against resistance, perhaps with a weight or resistance band, or just using our own body weight. Strong muscles help protect our joints and bones, and also protect us from injury. As we get older our muscles naturally lose some of their size and bulk, but doing strength training 2-3 times per week can slow this process down.

Endurance: Endurance or aerobic exercises increase your heart rate and breathing for an extended period of time, which supports a healthy heart. A healthy heart can help us maintain lower blood pressure, cholesterol and promote a healthy weight.

Agility: Being agile allows us to stop, start and change direction quickly. This is important to avoid an unexpected obstacle in our path or catch ourselves if we trip. As we get older changes to our body can slow our reaction time however exercises that focus on strength, balance and coordination can improve our agility.

Power: Power is when our muscles work forcefully and as quickly as possible. Powerful muscles help us to stand up quickly, lift a heavy object and catch our self if we fall. Our muscles ability to produce power reduces as we get older however exercises that incorporate power such as jumping or weight training can reduce this.

Flexibility: Flexibility is when our muscles can easily stretch and our joints move well. This allows us to move, turn and bend, as well as stretch to reach things when we need them. The less we move, the less flexible we become, so moving our body through its full range of motions twice a week helps us stay flexible and prevents injuries.

Coordination: Coordination is when we use our arms and legs together in an efficient pattern. Coordination is needed to do everyday things like getting out of a car or stepping over objects in our way. We can improve our coordination by taking part in activities that challenge our coordination.

Cognition: Cognition is how our brain receives and uses information. This can be affected by a variety of health issues such as dementia. Staying active and upright uses different parts of our thinking and memory, so keeping a healthy mind can help prevent falls. We can keep our brain healthy with tasks that involve thinking or multitasking such as physical activity.

To find out more about how you can stay on your feet® visit www.stayonyourfeet.com.au or phone 1300 30 35 40