



# **GET FIT STAY FIT PLAY TENNIS**

**RESEARCH\* SHOWS THAT TENNIS  
PLAYERS ARE FITTER THAN ACTIVE  
NON-TENNIS PLAYERS**

Playing tennis  
can help you  
lose weight.



**PLAY+STAY**  
*SERVE·RALLY·SCORE*

For more information, go to:  
**[tennisplayandstay.com](http://tennisplayandstay.com)**  
Or contact the ITF on:  
**[healthytennis@itftennis.com](mailto:healthytennis@itftennis.com)**

\*British Journal of Sports Medicine (2006), 40, 391-386