



# **FOR A HEALTHY HEART, PLAY TENNIS**

**TENNIS CAN REDUCE THE RISK  
OF HEART DISEASE\***

Playing tennis  
can also reduce  
other cardiovascular  
risk factors, such  
as hypertension.



**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