

RACKET SPORTS HEALTH BENEFITS

Two different benefits result of the many advantages that you can derive from playing racket sports like badminton and tennis.

by Michael Fowler

1 REDUCES DEATH RISK

According to a large-scale population research study, even without obvious physical activity, death risk is reduced by 30% in people who play racket sports like badminton, tennis, and squash one to two times a week.

2 REDUCES STRESS LEVELS

As a person's stress level goes up, so does the risk of cardiovascular disease. In general, people who play racket sports like badminton, tennis, and squash one to two times a week have lower stress levels than people who don't play.

3 IMPROVES SOCIAL HEALTH

People who play racket sports like badminton, tennis, and squash one to two times a week have lower stress levels and are more socially active. They are more likely to have friends and family who play racket sports like badminton, tennis, and squash one to two times a week.

4 ENHANCES WEIGHT LOSS

People who play racket sports like badminton, tennis, and squash one to two times a week have lower weight and are more likely to lose weight than people who don't play.

5 INCREASES MUSCLE TONE

People who play racket sports like badminton, tennis, and squash one to two times a week have lower muscle tone and are more likely to increase muscle tone than people who don't play.

6 GETS YOU SOME FRESH AIR

People who play racket sports like badminton, tennis, and squash one to two times a week have lower blood pressure and are more likely to have lower blood pressure than people who don't play.

7 ENHANCES REFLEXES

People who play racket sports like badminton, tennis, and squash one to two times a week have lower reflexes and are more likely to have higher reflexes than people who don't play.

8 PROMOTES SLEEP

People who play racket sports like badminton, tennis, and squash one to two times a week have lower sleep quality and are more likely to have higher sleep quality than people who don't play.

9 ENCOURAGES MOBILITY

People who play racket sports like badminton, tennis, and squash one to two times a week have lower mobility and are more likely to have higher mobility than people who don't play.

10 DECREASES DIABETES

People who play racket sports like badminton, tennis, and squash one to two times a week have lower diabetes risk and are more likely to have lower diabetes risk than people who don't play.



The Benefits Racket

RJ Alexander



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