

# 10 great reasons to

# PLAY SQUASH

## It's FUN

Whatever their age or ability, the number one reason people play squash is because it's fun!



It gets you

## FIT

Squash involves burst of high intensity followed by short periods of rest - the very definition of HIIT training. With all its stop-starts and turns, it can give you a strong body as well.



## It's SOCIAL

Whether having a hit with friends or joining a drop-in session at your local club, squash helps people to connect and form new social circles.



## It BURNS CALORIES FAST

From just 30 minutes of squash, you can burn up to 500 calories. That's more than running, cycling or swimming according to research on calorie expenditure by Forbes.



## It's a QUICK WORKOUT

Court bookings typically last 40 minutes making squash a great fitness option for those who are short of time.

It can help you

## LIVE LONGER

People who regularly play racket sports are 53% less likely to experience cardiovascular disease according to the British Journal of Sports Medicine.



## It's for EVERYONE

You don't need to be the fittest, the strongest or the most skilled to play squash. With programmes like Squash Girls Can and Squash 101, there are opportunities for everyone.



## It is AFFORDABLE



Basic equipment is cheap and court hire can be as little as £5 per person. With affordable social group sessions at clubs and leisure centres, squash has never been easier to access on a budget.

## It makes you HAPPY

There's nothing like hitting a ball against a wall as hard as you can to help get all that negative energy out! Squash can help reduce stress, release endorphins and improve your mood.



## It's ALL-WEATHER

Come rain or shine, squash can be played all year round.