

10 great reasons to **PLAY SQUASH**

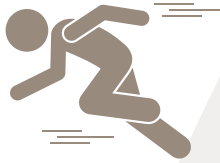
It's **FUN**

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's a **QUICK WORKOUT**

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



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 for **EVERYONE**

Whatever your background, age or ability, anyone can play. And with initiatives like Squash Girls Can, Squash 101 and Squash 57, there are opportunities for everyone.

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 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 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's

ALL-WEATHER

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