



Member, United States  
Olympic & Paralympic Committee



# Fit For Life<sup>SM</sup>

## WHY IS SQUASH THE WORLDS HEALTHIEST SPORT?

*The activity of squash causes your heart to beat more quickly and forces your muscles to work more, which in turn causes your heart to become stronger and burn more calories. Given that the game is a stop-and-go format, you will also be subjected to high-intensity spurts, which are excellent for improving your general fitness level.*



## WHAT ARE THE BENEFITS OF SQUASH FOR WEIGHT LOSS?

*Playing squash burns a lot of calories because it is both aerobic and anaerobic. This may help you lose weight. It also speeds up your metabolism, which helps you lose weight in the long run. If you want to stay at a healthy weight, the game's high-intensity bursts can help you burn fat.*

## HOW DOES SQUASH IMPROVE CARDIOVASCULAR FITNESS?

*Squash requires steady activity for a long time, which raises the heart rate and improves the cardiovascular system. Because the game goes back and forth between starts, you'll also experience high-intensity spurts, which are great for improving your cardiovascular fitness. Over time, playing squash can help your heart and make you stronger.*



## WHAT MUSCLE GROUPS DOES SQUASH WORK?

*Squash works out many muscle groups, like the back, arms, legs, and core. To stay balanced and in control, squash players have to keep moving, which works their legs and core. Because the racquet arm is always being used, the muscles in the arms and back get stronger. The game's stop-and-start nature also means you'll have high-intensity moments, which can help you build muscle.*

## HOW CAN SQUASH BENEFIT MENTAL HEALTH?

*Playing squash is not only good for your body, but it can also be good for your mind. The fast-paced and competitive nature of the game can help you feel better and less stressed. Focus and attention are also needed to play squash, which can help your brain work better and make your thoughts clearer. Also, playing squash with other people can be a social exercise that can help you feel less alone and isolated.*

