



Member, United States
Olympic & Paralympic Committee



Fit For LifeSM

WHY IS SQUASH THE WORLDS HEALTHIEST SPORT?

Squash's fast-paced, stop-go nature burns calories, strengthens muscles, and boosts fitness and agility.



HOW DOES SQUASH AID WEIGHT LOSS?

As a high-intensity sport, squash combines cardio and anaerobic workouts, speeding up metabolism, burning fat, and building lean muscle.

HOW DOES SQUASH IMPROVE CARDIOVASCULAR FITNESS?

Playing squash strengthens the heart and endurance through bursts of high-energy activity and steady movement.



WHAT MUSCLES DOES SQUASH TARGET?

Squash works the legs, glutes, arms, back, and core, building strength and balance with its dynamic stop-start movements.

HOW DOES SQUASH BENEFIT MENTAL HEALTH?

Squash relieves stress, sharpens focus, and boosts mental agility, combining competitive play with a warm, social community.

