

TOP 10 REASONS TO PLAY SQUASH

HAVE FUN



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



GET FIT

Squash involves bursts of high intensity followed by short periods of rest.

BE SOCIAL



Squash helps players to connect and form new social circles.



BURN CALORIES

From just 30 minutes of playing squash, you can burn up to 500 calories.

QUICK WORKOUT



A great fitness option for those who are short on time.



LIVE LONGER

Racquet sports players are 53% less likely to develop cardiovascular disease.

FOR EVERYONE



You don't need to be the fittest, the strongest or the most skilled to play.



BE HAPPY

Squash can help reduce stress by releasing endorphins to improve your mood.

FOUR SEASONS



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



OLYMPIC SPORT

Squash will be featured for the first time in Los Angeles in 2028.



US Squash is a 501(c)3 nonprofit organization which serves as the only national governing body and membership organization for the sport in the United States. Founded in 1904 and headquartered in Philadelphia, it is a member of the U.S. Olympic and Paralympic Committee, the Pan American Squash Federation and the World Squash Federation.