



Member, United States  
Olympic & Paralympic Committee

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

## 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.*

