



# TOP 10 REASONS TO PLAY SQUASH

10. It's good for your health! A game of squash will help improve your cardiovascular fitness.
9. Squash increases flexibility and strength.
8. Squash promotes good coordination and agility - you'll be lunging and moving all over the court!
7. It builds hand-eye coordination.
6. It's easy to learn! As long as you have non-marking shoes, comfy sportswear, a racket and a ball (both easily borrowed), you're good to go.
5. You can play it any time of the year... every season is SQUASH season. It's not weather dependent so you can play any time of day, any day of the week and any month of the year.
4. It's suitable for all skill levels and ages – there are modified games and equipment to suit everyone.
3. It's the best workout in the shortest amount of time – just 30min on the court is found to burn 517 calories.
2. Squash decreases stress levels - it's a fast-paced and energetic game. You'll look and feel better if you play squash regularly – whacking that little ball around is a great stress reliever.

## And the Number 1 reason to play squash...

1. ***It's SOCIAL - the best friends are made on the court!***



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