

Sports of All Sorts

Mom's, it's time to remember when...remember when we were basketball players, volleyball players, tennis players, remember when we were athletes? When we were athletes we had lots of energy and we could do more than ever before. Well, I say let's get back to being that person and start playing sports again. Wait, don't get overwhelmed! You don't have to find a team or get up at 6:00 am for practice. We can start being athletes as easily as visiting our closest tennis court (even if you've never played tennis).

Tennis is an excellent sport because it requires the least amount of prep to start playing and having fun. You will need some equipment; shoes, racket and balls. I recommend if you're going to spend money, spend it on a good pair of tennis shoes. Tennis racket's can be quite costly and the differences may not be seen until you have reached a much more advanced level. A good pair of shoes however, will save your feet, ankles, knees and hips from day one. Once we have all of our gear, let's start playing. I am a big fan of getting a feel for a sport before I ever learn the rules and technical aspects. My wife on the other hand likes to know all of the rules and know as much as any one beginner can know before she will play. So for those of you who are like her, I found a great resource page at www.tennismindgame.com.

What I said earlier about finding a good court is really just an added bonus. We can play tennis on any flat, hard surface. As long as the ball can bounce and we are out of harms way, we can play tennis. Having a designated court is a bonus, because it is fenced in and all of the fancy lines are already painted on the ground. We are focusing more on being active and being active has little to do with that, not to mention it can be fun for the whole family just to hit a ball around.

It is important that we involve our whole family in these types of activities. For the infant, let them touch the ball, it has a unique texture and feel. For the toddler, let them get out on a tennis court and throw a ball. Even though they may not be able to catch a ball they most certainly should be able to throw and chase a ball. Our preschool aged children may be strong enough to hold a racket and will be well on their way to developing hand eye contact. Tennis is a game that teaches spatial awareness and eye tracking for children and adults, making tennis not only a fun form of exercise but it also develops the brain.

Tennis is also an anaerobic sport which means we will be burning a lot of calories in a very short amount of time. Keeping that in mind; if we can burn an average of 3400 calories a week more than we eat; then we can lose a pound every week. If we can keep that up over the course of a year, it will add up to 52 pounds a year. If we start today we will be able to proudly sport our new swim suit by next summer!

Bringing Health and Fitness to the Whole Family!
Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength

and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.