

TRY IT.

PLAY IT.

LOVE IT.

**HELP PEOPLE
FALL IN LOVE
WITH SQUASH
SO THEY
CHOOSE
TO PLAY IT**

DURATION

30

MINUTES

EXERCISE TYPE

MODERATE TO HIGH
INTENSITY

BURN RATE

517

CALORIES

EQUIPMENT

RACKET & BALL

RESULTS

DEVELOPS AGILITY
SHARPENS HAND-EYE
COORDINATION
COMPELS FLEXIBILITY
PINPOINTS CONCENTRATION
IMPOSES STRENGTH & FITNESS
BOOSTS HEART & LUNG HEALTH
COACHES SOCIAL SKILLS
IMPROVES SELF-CONFIDENCE
ENSURES MENTAL WELL-BEING
ALLIEVIATES STRESS