



## Staying fit for tennis

### Part 1 Strength

Three simple exercises to keep you fit for tennis:

Playing tennis helps to keep us fit. However, as we age the strength in our muscles naturally declines and the best way to stop this is by doing strengthening exercises, also called resisted exercises.

As a physiotherapist I know that the simpler and easier the exercise, the more likely it will get done.

So I have put together three easy exercises that will help to maintain the strength in your leg muscles. You do the exercises by slightly changing three everyday activities you already do at home. They are designed to use your body weight as resistance so no special equipment needed.

Stronger leg muscles allow you to move faster, improve your performance and help prevent injury.

**Exercise 1:** Whenever you go up a flight of stairs, take the steps two at a time. You may have to hold onto the bannister for balance at first, but the more you do the stronger and more balanced you will become.

**Exercise 2:** When you stand up from a chair, do not push up with your arms, only use your legs to stand up. Try to do this 3 times (or more!) each time you stand up.

**Exercise 3:** Whenever you are standing (e.g. at the sink washing up), with knees straight lift your heels up off the ground, then lower back down. This will strengthen your calf muscles.

Small changes to your everyday activities can make a huge difference to the strength in your legs. You can benefit from these exercises whatever your age and it is never too late to start.

**Keep exercising to keep playing.**

For more information go to [www.fitterforever.org](http://www.fitterforever.org)

**Suzanne Clark Chartered Physiotherapist and author of Play Tennis Forever**  
[www.playtennisforever.co.uk](http://www.playtennisforever.co.uk)

NB: If you have any existing medical conditions or require individual advice, then you should check with your GP or appropriate healthcare professional before undertaking any exercise or stretching programmes. © Fitter Forever Ltd 2014

