

Reasons to Play Racquetball by Larry McDowell

1 - Playing Racquetball is Fun & Simple Game to Play

One of the main reasons to play any sport is to have fun. Racquetball has fairly simple rules and is much more forgiving than other racket sports like tennis and table tennis that require precise control to keep the ball within a certain playing area. This can make the game more enjoyable for new players. Players of all ages and skill levels can learn to play in a few minutes and start to enjoy the sport immediately. The large enclosed court makes the scoring and defense easy to accomplish to maintain a rally.

2 - Health Benefits

Racquetball is a fast-paced sport with nearly constant physical exertion. It is considered an aerobic activity, whether you're an accomplished athlete, an aerobics-class regular or just starting a fitness regime. The fast-paced nature of racquetball makes the sport a perfect training tool. Muscle conditioning also is achieved through racquetball.

Movements are in short, fast bursts of speed and power involving great muscle exertion over a small span of time. Along with the calorie-burning benefits, playing racquetball has proven to be a total body toner that enhances flexibility. It's even more of a calorie burner than the fitness center's treadmills, stairmasters or stationary bikes. According to the Mayo Clinic, playing racquetball casually for a hour will burn around 511 calories for people that weigh 160 pounds and 637 for people that weigh 200 pounds

Racquetball develops or maintains motor skill of agility, balance, flexibility, hand/eye coordination and reaction time--skills important to health and safety in the senior years.

3 - Racquetball Is Easy To Learn

The rules of the game are pretty simple: Do whatever it takes to hit that racquetball to the front wall. Then, master a rally. Once you do, you and your partner(s) can start scoring, having fun and get a great workout. It doesn't require any previous experience in similar sports, good for all levels of athletic ability, Only about one page of rules to learn to get started playing.

4 - Racquetball Gear Isn't Expensive

Essential racquetball gear includes safety glasses, good shoes and a racquet. Don't worry about looking like a total dork wearing safety goggles. First, everyone must wear them. And second, avoiding a potentially serious eye injury is simply genius. Estimate between \$15 and \$20. A racquetball racquet is nice and wide, so you're more likely to hit the ball even before you've mastered the moves. You don't need an expensive racquet to start out. a racquet in the \$30 to \$50 range at your local sports store would be fine for starting out. Gloves are nice to have, but you don't need them. Estimate between \$7.00 and \$15.00.

5 Social

Is a game that can be played by the same sex or mixed sex on somewhat equal terms--it's a real friendship maker! People of all ages, 6 to 90 can play the game--and do so competitively.

6 - Don't need a team

Racquetball takes just one other person to play and have a great workout or up to four. You can play anytime your schedule allows. You don't need to find 10 guys for a basketball game and you don't need to wait until the class you signed up for starts,

7 - Year -Round Sport

One of the best things about racquetball is that it is a year-round sport. While outdoor courts do exist, the majority of racquetball courts are indoors and climate-controlled. As a result, playing is just as comfortable in the heat of summer or cold of winter as it is in the milder months during spring and fall. There is no set season for racquetball either. Competitions and tournaments can be found throughout the year, both at the local and professional levels.

8 - Racquetball Can help your Other Sports

Many golfers, softball, and tennis players enjoy shaking up their routine with an off-season racquetball league. Not only does it provide that cardio boost we've been touting, but it focuses on balance, toning and eye-hand coordination skills that are essential for other games. Also, because racquetball players tend to be a diverse, high-energy group, you may find yourself introduced to other sports you'd never considered, until now.

9 - Cross training and keep a competitive game environment

The new buzz is cross training. That's why you see trainers and boot camp leaders constantly shaking up their exercise routines. Racquetball is a great total body cardio workout to supplement your weight training, aerobics, or cardio workouts you are already doing. Plus you add a competitive sport that helps energize your workout routine.

10 - Added benefit

You can't play racquetball and Eat, Drink and Smoke at the same time LOL