

beach tennis: it's a hit

GET FIT WHILE HAVING FUN WITH THIS HOT NEW SPORT.



Take the fun and fast-paced sport of tennis, combine it with sun, sea and sand, and you have beach tennis, the most exciting new beach sport to come along in years. Beach tennis merges the worlds of tennis and beach volleyball into one exhilarating game. It can be played both competitively and recreationally because it's so quick and easy to learn—and you don't have to be an athlete to enjoy every minute of this workout.

So what exactly is beach tennis? It's like traditional tennis except it's played on a regulation beach volleyball court. Using beach tennis paddles, two players on each team volley back and forth, hitting a slightly depressurized tennis ball directly over the net without letting it bounce, similar to badminton. (It's hard to make a ball bounce on sand!) One hit per team is all that's allowed to get the ball over the net. According to Beach Tennis USA founder Marc Altheim, "You can learn to play Beach Tennis in 10 minutes. It's easy to learn but challenging to master. I call it addictive fun." For more information, or to order your own paddles, go to BeachTennisUSA.net.

* QUICK tip

When you stay hydrated, you play better, no matter your sport.

Studies show that dehydration impairs exercise performance, increases perceived exertion and hinders recovery.

