

If you are looking for a new activity, you should try tennis. Tennis is my favorite activity and one of the most popular sports worldwide. Some of the best reasons to play tennis are the people you will meet and the exercise you will get. Plus, tennis is a life sport.

One of the best things about playing tennis is that you will meet new people and make friendships. Because tennis requires at least one other player, obviously you will meet at least one person with whom you will have something in common. In fact, chances are, you will forge many lasting friendships built around this common interest. Another great benefit of tennis is that you get exercise. Moreover, playing tennis is so much fun, you won't even realize that it is exercise. The third benefit of tennis is that it is a life sport. This means that you can play it from age 4 to over age 84.

Some people may argue that tennis is not a team sport. However, this is not true. Tennis is absolutely a team sport. In tennis, often players are required to change positions in order to put the needs of the team ahead of their own personal triumph. This is emphatically the definition of a team player. If you are looking for a new activity with many great benefits, try tennis. There is no better way to make friends, get exercise, and find a sport for life.