



Fun, Fitness, and Racquetball

Health & Fitness

There are many guidelines available for living the “fit life.” Probably the most popular is the President’s Council on Fitness and Sports (www.fitness.gov), which provides guidance for living the “fit” or healthy life mostly through physical activity. Racquetball is a sport that meets many of these guidelines and allows you to have fun at the same time!

The President’s Council guidance states that adults over 18 should get 30 minutes of physical activity 5 or more times a week. Racquetball makes this easy! A typical racquetball match consists of the best two out of three games and could easily last 30 minutes. Get a group of players together and play during lunchtime or after work and an hour or more will quickly pass.

Racquetball is a fun sport that can be played by all ages. Much of the President’s Council guidance revolves around children and the need to simply increase their activity level to help ensure lifelong health. Racquetball allows children to get a good workout and have fun through learning and advancing in the sport.

There are many guidelines for increasing your fitness and many different ways to increase your level of activity, but there are few outlets to do this that allow you to have fun at the same time. Sports like racquetball offer the chance for camaraderie, learning, and increased activity to help make living the “fit life” fun.

If you have any racquetball questions please send them to Frank Bantell at fbantell@teamek-telon.com or call our MWR Athletic office at 473-2494 for info on the February 14th Racquetball tournament.