



Effects of tennis training on Cardiovascular diseases



Intensive tennis training (RIT)

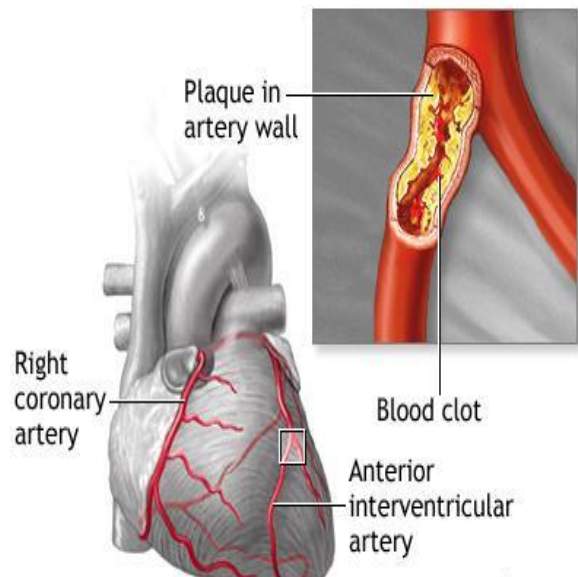
Improved parameters of the lipoprotein profile

Anti atherosclerotic changes

For low risk cardiac patients playing doubles tennis is a good way to restart their fitness

Reduced cardio metabolic risk by reduction in the following parameters:

1. central aortic systolic blood pressure, carotid-femoral pulse wave velocity, percentage body fat, HDL-C and maximal oxygen uptake.
2. brachial systolic blood pressure, triglycerides, TC:HDL-C, percentage body fat, HbA1c and maximal oxygen uptake).



Tennis appears to be a suitable and effective physical activity modality for targeting cardiometabolic and vascular health and should be more frequently advocated in physical activity promotion strategies.

Reference : AACVPR

A Ferrauti, K Weber, H K Strüder

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