

Should you be playing the healthiest sport?

21 Jul 2016 - Squash Australia

Ever wondered what the healthiest sport is? Well, according to a survey by Forbes Magazine, squash is top of the leader board. After consulting with personal trainers, coaches and exercise physiologists, 10 sports were listed as being the 'healthiest'. Squash took first place, closely followed by rowing, rock climbing and swimming. Also featuring in the top 10 were cycling, boxing and running - many of our favourite ways to keep fit!

If you're wondering what makes squash so healthy, we've got the lowdown.

What's so great about squash? According to Forbes, 30 minute spent on the squash court gives you 'an impressive cardio respiratory workout.' Constant running and rallies build endurance and muscular strength in your lower body, and squash can even improve flexibility in your core and back, thanks to the twists, lunges and turns necessary to keep the ball on the go.

Each sport in Forbes' survey was given a score out of five across six categories:

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Calories burned in 30 minutes
- Injury risk


Squash scored an impressive 5 out of 5 for muscular endurance and calories burned (517), 3 for muscular strength and flexibility and 2 for injury risk.

Sports rated TOP 10 HEALTHIEST SPORTS - FORBES'

Ratings are 1 to 5 with 5 being the healthiest

	SQUASH	ROWING	ROCK CLIMBING	SWIMMING	CROSS COUNTRY SKIING	BASKETBALL	CYCLING	RUNNING	MODERN PENTATHLON	BOXING
Cardiorespiratory endurance	4.5	5	1	4.75	5	4	5	5	4.5	3.5
Muscular strength	3	4	5	3	3.5	3	3	3	3	3
Muscular endurance	5	5	4	5	5	5	5	4	5	5
Flexibility	3	3	5	3	3	4	4	1.5	3	2
Calories burned (30 minutes)	5 (517)	2 (302)	5 (475)	2 (345)	2 (345)	2 (302)	4 (431)	4 (431)	1 (294)	2 (302)
Injury/risk	2	3	2	3	2	1	1	1	2	2
TOTAL	22.5	22	22	20.75	20.5	19	19	18.5	18.5	17.5

BEST ← → **GOOD**



The health benefits

- Burn calories - All that rallying makes continuous energy demands of your muscles, giving you little recovery time, which is good news for weight loss!
- Improve your aerobic fitness to boost your heart, muscle and lung endurance
- Boost your flexibility thanks to the lunging and stretching motions
- Develop strength and power in your arm and leg muscles
- Improve hand-to-eye co-ordination - those squash balls can be speedy little buggers!
- Boost cardiovascular fitness so more oxygen can be pumped through to body to energise your muscles
- Boost mental strength and concentration - matches can last a while!
- Easy to get into

Squash can be played by all ages and it's a great way to get children i

Find out more

Squash is a game that can be played at any age. It is easy to learn and there are modified games and equipment to suit every size and skill level. For more information on how to get your kids involved, visit <http://www.squash.org.au/sqaus/Juniors/ozsquash.htm>