

HEALTH BENEFITS OF SQUASH

Squash may not be the first thing you think about when considering new ways to get in shape, and it might not be something you have ever tried. Surprisingly, the health benefits of squash are something to consider if you have never played the game before.

01 CARDIO HEALTH

A game of squash moves faster than you think. The ball travels more quickly than a tennis ball and players are required to move at a pace to stand a chance of being in the right place. Your opponents job is to make you work, running around the court and jumping if the ball has gone high. All of these things are going to raise your heart rate which assists with your cardiovascular health.



03 STRENGTH TRAINING

Playing squash regularly will add to your overall strength and flexibility. Your body weight acts as resistance, and you will be moving your arms and legs in new ways. This means that muscles get stretched and worked. The first few times you play, you will find that you are sore and stiff the next day, but after a while, you will be more flexible. Because you are regularly reaching for the ball your back will also be stronger and your posture better.



02 WEIGHT CONTROL

All that running around and getting to the ball is also a great way to control your weight. Burning calories and working up a sweat will add to weight loss, provided, you are also following a sensible diet. The more you play squash, you will weigh less and will be evident as you find it easier to get to the ball and make the tough shots.



04 RELEASING STRESS

When you are absorbed in playing the game, you will need to have a high level of concentration. This means that you will have to leave your stress in the locker room as you cannot worry about things while you are playing. When you are intensely using the body, you are also releasing endorphins that relieve stress and intensify happiness.



5 Useful Squash Exercise Benefits

The fast and constant movement can make squash a very reliable cardiovascular activity. An energetic game of squash leads to diving and leaping for the ball and lots of running back and forth across the court. A benefit of this is the ability to increase strength and fitness and maintain a healthy weight. Here are five of the squash exercise benefits:



01

An activity for everybody

Squash is a fun activity that is easily played at any age, and the cost to enter this sport is relatively inexpensive. The game rules and techniques are quite easy to learn (but much more difficult to master). Plus, the play equipment, games, and styles are easily modified to match every player's skill-level, gender, age and size.



03

Benefits your mental well-being

Most fitness activities are focused on being active enough to burn calories, but with little thinking or strategy needed. But, with squash, there is plenty of thought going on. Smart thinking and well-planned strategies can often outdo brute force. Plus, longer spells of concentration has the ability to benefit in other areas of your day-to-day life.



05

Playable at any time of the year

Squash is an [indoor sport](#) which means it is fun to play at any time of the year. Many countries aren't blessed with the best Summers and the Winters can be very harsh. This means it is difficult to get in the game time if only looking at the [outdoor sports](#). Squash doesn't have this restriction and this court-based sport is great to play no matter what is happening outside.

02

Great for your heart

Squash is great for your heart because it helps to stop blood vessels from becoming clogged and strengthens the heart muscles to significantly lower the risk of heart disease. All it needs is playing squash for 3 hours per week to minimize the risk of heart complications. Also, a great [aerobic workout](#) is achieved if able to keep the rest periods short - ideally this means 1 or 2 minutes as the maximum.



04

Get a full body workout

A hard practice session or game of squash with a partner has the ability to deliver a full body workout. An obvious place to benefit is the legs, which are involved in the repeated short sprints back and forth across the court and relies on the fast-twitch muscles to be working at a high level. Also, the arms are certain to get a useful workout with the regular striking of the ball across the court. This type of compound movement will work the entire arm area and also ensures the wrists and back muscles are strengthened.



Original sources for the published content:

<https://bosssquash.com/blog/category/squash-health/>

For more information visit:

www.BossSquash.com



or join us on:

