



Anyone For Tennis

Well its that time of year. The only time in the summer when you can guarantee two things;

1. Rain!
2. Injuries!

Yes, it's Wimbledon fortnight. A time of year that a number of you look forward to for a long time and the rest of the country can't get away from.

It's also the time when a number of people dig out that old tennis racket, dust it down and get straight out on the court to show anyone out there their skills with a tennis ball.

Unfortunately this often ends in tears as well as aches pains, pulls and strains! The body is a wonderful machine, it can adapt to any number of challenges placed upon it but it has its weaknesses.

Performing new or "forgotten" movements can be too much to even a trained athlete. These muscles that have not been used since last years enthusiastic knock about have tightened, weakened and are literally an accident waiting to happen.

To prevent this simply take these precautions.

1. Warm up
2. Drink water

Warming up gradually increases the heart rate, relaxes muscles and prepares the body for the workload ahead. Stretching improves circulation and energy flow, increases your natural range of movement and therefore your ability to perform when playing.

This isn't rocket science I'm sure you all know this already, but how many of you actually do it? Take 15 minutes to properly prepare before each game and enjoy a long summer of injury free tennis!

To aid you performance keep drinking throughout your game. Even a 2% drop in hydration can dull your senses, lower your energy levels and stress the body's systems. Sufficient water intake is also essential for proper digestion, nutrition weight loss and pretty much every bodily function, so drink up!