

# Tennis is one of the best sports!!

Clearly tennis is one of the best sports and this is why I think so.

Tennis uses the whole body. Using the racket to hit the ball uses your arms and abs. Running to get in position and to hit the ball uses your legs. So as well as having a fun game, you get a full body workout.

Unlike other sports, tennis is not a team sport, so you get more of the ball and you play more shots. In team sports sometimes you never get the ball because no one will pass to you, but in tennis it is either 1 or 2 people per team. So when you do tennis the whole time you are participating in it.

Evidence suggests that people who play tennis have better hand eye coordination than people who don't play tennis. Hand eye coordination allows you to catch, hit and throw a ball. In tennis you practise hand eye coordination by guiding the ball into your racquet over and over again.

In conclusion tennis is good for your health, strengthens your body and is fun. That is why I think that tennis is the best sport.