SQUASH: *THE BEST WORKOUT*

CARDIOVASCULAR HEALTH – THE HEART PUMPING GAME

Playing squash strengthens your heart. Your heart rate will rise due to the game's regular movement. Running, jumping, and lunging to hit the ball in squash raises your heart rate and strengthens your heart. Squash is a fantastic cardio workout that lowers blood pressure, weight, and risk of heart disease. This is the major argument "why play squash is the best workout".

FULL-BODY WORKOUT – ENGAGE ALL MUSCLES

All of your muscles are used during a squash workout. The game is a great exercise for toning your complete body because it demands you to use your legs, core, arms, and back muscles. Squash also increases your range of motion and flexibility, which can help you stay injury-free on and off the court.

MENTAL HEALTH – REDUCE STRESS AND ANXIETY

Squash is not just a physical workout; it's also a mental one. Strategic thinking, swift decision-making, and mental focus are necessary for the game. By diverting your attention from everyday thoughts and challenges, squash can help you feel less stressed and anxious. By releasing endorphins, it can also help in mood improvement.

SOCIALIZATION – MAKE FRIENDS WHILE YOU SWEAT

Squash is a friendly game that can facilitate new friendships. The game is typically played in pairs to allow for interaction with other players and opponents. Playing squash may improve your sportsmanship, communication, and teamwork abilities.

STRATEGIC THINKING – SHARPEN YOUR STRATEGIC THINKING

Squash is a great exercise choice for developing strategic thinking abilities. When you play squash strategically, you can keep your attention on the action on the court while still planning out the outcome of each point or stroke. It also gives players more time than other sports because there aren't any breaks between points, allowing them more time to plan out their next move before taking another shot at winning.