



USTA NORTH CAROLINA

PLAYING TENNIS CAN ADD YEARS TO YOUR LIFE

Tennis is for all.

She writes her name up on the sign-up board every morning, and when she has three partners, Diana Lindsley takes to the courts five days a week.

She will be 86 in July.

Lindsley's husband Richard introduced her to tennis after World War II when the two were just beginning to date. He played in high school in 1945. The two played casually until the 1970's when a recreation league for women began. Lindsley credits all these decades of tennis for a large part of her good health.

"You just have to keep on moving," says Lindsley. The long-time High Point resident moved to Florida full-time in 2009. Lindsley walks to public courts in the middle of Venice for her daily dose of round robin competition.

If you're a beginning and want to learn more about tennis, visit us at Try Tennis.
If you'd like to play in tournaments, check our schedules for adults and juniors.
If you are interested in formal league play, learn how to get plugged in here.

Her daughter, Christine Schermerhorn, says her mother never complains. "You know how you play and a knee will hurt, or a shoulder is sore? Not her. She goes out there as much as she can. She plays for at least two hours."

Lindsley's story is not as uncommon as you might think. In fact, a recent study from Denmark found playing tennis can extend your life by nearly 10 years. The authors studied the benefits and added life expectancy of other sports, including jogging (+3.2 years), swimming (+3.4), cycling (+3.7), and even gym workouts (+1.5).

But researchers found the social benefits of tennis are better for overall health when compared to many solitary activities.

"Tennis is such an important part of my life. I enjoy these people so much, and it really is excellent therapy."

"Sometimes there's this misconception that you have to be this amazing athlete to pick up tennis, or you can only play it at certain places. That's not the case. USTA North Carolina has programs for beginners who have never picked up a racquet. We have tournaments for players who are 15 and 75. Tennis is for everyone and for every age. The fact that it adds years to your life is yet another wonderful incentive to play," says USTA North Carolina Executive Director Kelly Gaines.

If you're ever in the neighborhood of Venice, Florida, just sign your name on the board. Diana Lindsley would love to play a set with you.

But you better get in line.