



Competing against the best 55+ 7.0 teams in America, the Sunnyvale, CA team finished 2-2—10th out of 17 at the USTA 2018 National Tennis Championships in Orlando, Fl. Back: Larry Lessler, Ken Hammer, Larry Namekata, Karl Schmidt, Steve Olson, Gary Zellner, Chris Pass, Richard Schoenfeld. Front: co-captain Larry Hayes, captain Robert Brown. Not shown but played at the Nationals: Tony Lee, Paul Kutler, Richard Primerano.



# To Live Longer, Play Tennis

Dust off your racquet!

Recent studies show that playing tennis could add 9.7 more years to your lifespan—Mayo Clinic Proceedings, September 2018.

People who combine exercise with their social lives are at an advantage over solitary exercisers such as cycling, swimming, jogging or gym exercise.

Research found that team sports are the best physical activity for mental health exercising alone. And more enjoyable, too.

### Why tennis?

“Tennis is intensely interactive,” said Dr. James O’Keefe, a cardiologist at Saint Luke’s Mid-America Heart Institute. “It’s just a very natural way to emotionally bond with other people besides getting your exercise.”

“Our social connections are probably the single most important feature of living a long, healthy and happy life.”

**Editor’s note:** Adapted from a Walgreens booklet on Longevity that appeared in *Time* magazine 2018.