



# **Tennis Fitness for the Love of it: A Mindful Approach to Fitness for Injury-free Tennis**

*Suzanna McGee*

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Every tennis player at any age and skill level wants to play high-level tennis without pains and injuries. If you strive for improvement but cannot train as hard as you wish to, because you hurt often, this is a book for you. You will find practical advice on how to adjust your training to the requirements of your body, and how to achieve maximum tennis fitness that will improve your performance and your tennis game.

## **You will learn how to:**

- listen to your body
- understand what your body is telling you
- strengthen your weaknesses
- balance your strengths
- discover and correct your imbalances
- prevent future injuries
- improve your tennis performance through mindful fitness

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