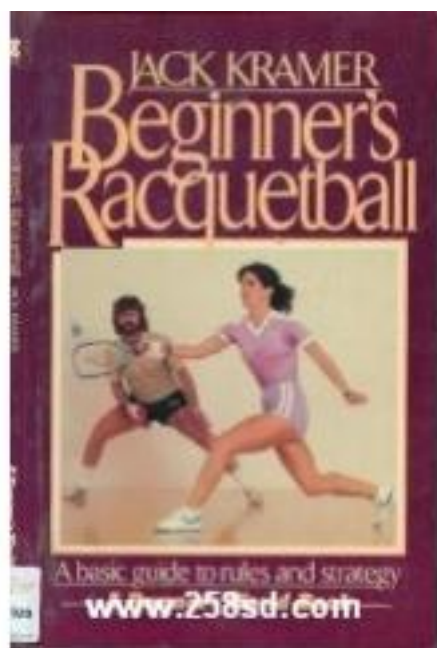


Beginner's Racquetball



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著者:

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Introduction
I started playing racquetball a few years ago for sport and
>pleasure-not for competition. I wanted (and needed) a fitness
>programi¼ and it struck me that since I played a lot of tennis
>and handball in my youthi¼ racquetball might be the game for
>me. I checked with my doctori¼ and he said to try it moderatelyi¼
>and I did. I play it at my pace-never hardi¼ never fast or
>furious.
I am over 50 and know better.
 Being a professional writer for the last
twenty yearsi¼ it
dawned on me that since I enjoyed the game so much and
saw
others enjoying iti¼ perhaps a book on racquetball for the
beginner
would be in great demand. I felt there were thousands
of people like me out there
who had not played a sport in some
timei¼ who wanted some exercise for body
and mind.
 Some 30 million people now play racquetball-this is an
impressive

testimonial for this sport. But it is well-deserved
because racquetball makes you runi¼Ë stretchi¼Ë and think. It is an
excellent way to keep the body in shape and help promote good
cardiovascular health.
Racquetball does not have to be an expensive recreation (you
can even rent racquets rather than buy)i¼Ë and the game can be
played all year long at any time in most all cities. Thirty min-
utes of racquetball played twice a week gives the average person
all the exercise he needs. In addition to the benefits of health
and fitnessi¼Ë there is the reward of playing a sport well. And tooi¼Ë
there is a good deal of social camaraderie in this sport.
1

作者介绍:

目录:

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