



# Go Bananas for QuickStart!

**WHY** do tennis players take good care of their feet?

**BECAUSE ...**

- 🍌 Tennis is 75% footwork
- 🍌 Feet carry all your body weight
- 🍌 Playing tennis puts stress on your feet
- 🍌 Feet have lots of bones and are complicated
- 🍌 Foot injuries can take a long time to heal
- 🍌 **HAPPY FEET** = lots of **FUN** playing tennis

**WHAT ARE SOME THINGS YOU CAN DO TO KEEP YOUR FEET HAPPY?**

- 🍌 Keep your feet clean and dry
- 🍌 Wear clean socks and supportive shoes that fit
- 🍌 Keep toenails trimmed, straight across
- 🍌 Prevent injuries and cover any cuts
- 🍌 Rest your feet when they feel tired

**Want to be a great tennis player?  
Take care of your feet like a  
great tennis player!**

**Feet Need Proper Care!** Keep your feet healthy so you can play a lot of tennis. FUN FACTS: The normal human body is made up of 206 bones, and 52 of them are found in your two feet. It's better to only go barefoot indoors to keep your feet feeling fine.

### **UVA Standout Goes Bananas for QuickStart!!!**

**Rosie Johanson** takes really good care of her feet, so she has excellent footwork when she plays tennis. To keep her feet healthy, Rosie rolls the bottom of her feet on a tennis ball to release tension in her feet and wears supportive tennis shoes.



Photo by Matt Riley

#### **Rosie Johanson**

**Started playing tennis at age 7**  
**Four ITF junior titles & U18 Champion**  
**ITA Atlantic Region Rookie of the Year**  
**ACC Academic Honor Roll**  
**All-ACC First Team selection**  
**Cissie Leary Sportsmanship Award**  
**12-match win streak as a Fourth Year**  
**ITA Scholar Athlete**  
**76 singles and 75 doubles wins at UVA**

**Go Bananas for QuickStart! Bag Check:** On court Rosie has bananas, Gatorade and a Clif Bar. She starts her day with two scrambled eggs and a slice of toast with peanut butter (lots of protein). For lunch, she has baked chicken thighs with vegetables (usually corn or broccoli). For dinner Rosie likes steak and potatoes with carrots or broccoli. On special occasions, she likes to have her most “favorite meal ever” – her Dad’s homemade burgers on the grill with corn on the cob.

**Go Bananas for QuickStart!**

**5/2021**

**© 2021 QuickStart Tennis of Central Virginia, Inc. All Rights Reserved.**