



Go Bananas for QuickStart!

WHY do tennis players warm up and cool down?

BECAUSE ... WARMING UP

- Prevents injuries from exercise
- Raises body temperature and increases oxygen absorption
- Reduces muscle stiffness
- Increases blood flow to muscles and brain
- Raises heart rate and prepares body to play

BECAUSE ... COOLING DOWN

- Prevents muscle soreness from exercise
- Decreases body temperature
- Allows muscles to relax, recover and re-establish their normal range of movement
- Reduces adrenaline in the blood
- Helps heart rate to return to resting rate

**Want to be a great tennis player?
Stretch like a great tennis player!**

HOW to warm up? Two minutes of lite jogging, then two minutes of leg and footwork drills and gentle stretching. Drink water before you play.

HOW to cool down? A few slow laps walking around the court to start, then some gentle stretching of arms, legs and torso. Drink a glass of chocolate milk.



Taylor Wingo

Started playing tennis at age 6
VA State Division II High School
Player of the Year
Undefeated on the UVa Tennis
on Campus Team for two years
Human Biology (pre-med) major
Phi Beta Kappa

Go HOOs!

UVa Women's Player Taylor Wingo Goes Bananas for QuickStart and Preventing Injuries!!!

Taylor always warms up before she plays. She jogs and stretches. To cool down she runs a few laps around the court and does dynamic stretching to prevent injuries. Warming up and cooling down keep you healthy so you can play lots of tennis!

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Bag Check: On court Taylor has bananas, energy gels and bars, Gatorade, fruit snacks for quick energy and lots of water. For breakfast she has oatmeal and blueberries. For lunch Taylor likes a turkey sandwich. Dinner is a grilled chicken breast, rice and a salad. On special occasions Taylor likes a hot fudge sundae.