



CARDIO
TENNIS

National Hit To Be Fit Day

TENNIS
SUNDAY MAY 19, 2024



Join hundreds of facilities nationwide on May 19th for **Hit to Be Fit Day** featuring Adult Red Ball and Cardio Tennis Triples! This event aims to raise awareness that TENNIS is inclusive, easy, and social, with proven health and wellness benefits. Adult Red Ball will show athletes they can be tennis players in as little as 30 minutes, and Cardio Tennis Triples will provide an example of how the Cardio Tennis program can give athletes another way to burn calories by combining tennis and a high-energy fitness experience.



SPECIAL INCENTIVES FOR PROVIDERS

Register your program on Serve Tennis today and receive some incredible benefits



STIPEND

Receive a \$100 gift card to Tennis-Point to purchase red and/or orange balls, flat markers, or other items you might want.



EASY TO FOLLOW ON-LINE EDUCATION

Get access to cardiotennisinstructor.com where you will find the "Hit to be Fit: how to run the event" on-line course. CEU's upon completion.



OFFICIAL CARDIO TENNIS LOGO ACCESS

Receive permission to use the Cardio Tennis logo for your Hit To Be Fit and Cardio Tennis T-shirts or other promotional items



A CHANCE AT THE US OPEN

After Hit to Be Fit Day, at least one lucky provider will be randomly chosen to celebrate Cardio Tennis at the US Open (US Open tickets, airfare, and lodging included).

LEARN MORE AT:
CARDIOTENNISINSTRUCTOR.COM

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