

From: Redacted as per
FOIPPA Section 22
To: [LegislativeServices](#)
Subject: Re: Concern about removing indoor tennis courts from Cameron Recreation Complex
Date: Monday, January 1, 2024 4:55:26 PM

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To the mayor and councillors,

I am a regular user of Cameron Centre facilities, with minimum once-a-week use of the recreation facilities and the library. I am very concerned about the decision to remove the indoor tennis courts from the facility in the new building design after the sport increased in popularity during the pandemic. The courts are always fully booked, and the tennis lessons are so popular there are never any spots available. I got up before 7 am again this morning (December 10, 2023) and could not get a spot to play tennis anytime next Sunday.

As a long-term tennis player, I am aware of the extraordinary benefits of tennis, ranked as the #1 sport in increasing life expectancy in a landmark study by the Copenhagen City Heart Study* (CCHS) and published in Mayo Clinic Proceedings. The study followed 8,577 people over 25 years and found that playing certain sports increased life expectancy—with one adding almost a decade to participants' lives: tennis. From the study: **Multivariable-adjusted life expectancy gains compared with the sedentary group for different sports were as follows: tennis, 9.7 years;** badminton, 6.2 years; soccer, 4.7 years; cycling, 3.7 years; swimming, 3.4 years; jogging, 3.2 years; calisthenics, 3.1 years; and health club activities, 1.5 years.

From my own experience, tennis, due to its hard-hitting, mental focus and technical difficulty, has managed to keep my depression and stress under control, as well as my arthritis, at the age of 58. It's important to note that the difficulty of tennis is much higher than that of pickleball, another sport that has increased in popularity in recent years and competes for the same or similar facilities. While pickleball is considered easier to "pick up," it also created a rush to emergency rooms in Canada, which, according to a recent article by CBC, is not likely to subside anytime soon.

As a tennis and table tennis player who will become a pickleball player later in life, I urge you to reconsider your decision and not base it on the "player per square footage" principle. If we apply that principle to other facilities in Lower Mainland and analyze their usage, you'd likely find out we can remove baseball, football and soccer fields and replace them with grass tennis courts to create non-stop usage. After all, the baseball, football and soccer fields get the most usage on weekends and evenings. If that sounds terrible to you because you like and support those sports, look at the tennis courts in your neighbourhoods to see how busy those courts are, even in soggy weather.

Please look into adding lights to the available tennis courts to extend playing time and light tent or roof structures to shield us from the elements, be that sun or rain. Thank you for your time, and I

hope for a better future for racket-based sports in our communities.

*Copenhagen City Heart Study Reference: Copenhagen City Heart Study, Frederiksberg Hospital, Copenhagen, Denmark. Electronic address: Redacted as per FOIPPA Section 22 (2018) '**Various Leisure-Time Physical Activities Associated With Widely Divergent Life Expectancies: The Copenhagen City Heart Study**', Mayo Clin Proc. 2018 Dec; 93(12):1775-1785, PMID: 30193744, DOI: 10.1016/j.mayocp.2018.06.025

Various Leisure-Time Physical Activities Associated With Widely Divergent Life Expectancies: The Copenhagen City Heart Study Abstract

Objective: To evaluate the differential improvements in life expectancy associated with participation in various sports.

Patients and methods: The Copenhagen City Heart Study (CCHS) is a prospective population study that included detailed questionnaires regarding participation in different types of sports and leisure-time physical activity. The 8577 participants were followed for up to 25 years for all-cause mortality from their examination between October 10, 1991, and September 16, 1994, until March 22, 2017. Relative risks were calculated using Cox proportional hazards models with full adjustment for confounding variables.

Results: Multivariable-adjusted life expectancy gains compared with the sedentary group for different sports were as follows: tennis, 9.7 years; badminton, 6.2 years; soccer, 4.7 years; cycling, 3.7 years; swimming, 3.4 years; jogging, 3.2 years; calisthenics, 3.1 years; and health club activities, 1.5 years.

Conclusion: Various sports are associated with markedly different improvements in life expectancy. Because this is an observational study, it remains uncertain whether this relationship is causal. Interestingly, the leisure-time sports that inherently involve more social interaction were associated with the best longevity—a finding that warrants further investigation.

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