

Medicare for Central Valley Tennis Lovers.



If you want to find one of Fresno's senior citizens, just look on a local tennis court. Tennis is one of the most popular games in the Central Valley and in the world, specially for seniors. Just look around town. There are tennis courts everywhere, public and private.

And most of those active seniors out there getting exercise and having a good time are covered by Central Valley Medicare plans.

Making Sense of Central Valley Medicare Plans

But getting the right plan for the needs of these tennis addicts wasn't as easy as hitting their backhand. There are so many plans available now, and every county has a different rate structure. So how do you sort all of that out? You don't. You let CentralValleyMedicarePlans.com do it for you.

For example, did you know that every year, on your birthday, there is a rate increase for all Medicare Supplement plans? But you don't have to roll over and accept it. You can move to a different carrier, without having to go through underwriting again, and get a better deal. And we'll help you figure out which plan

works best for you. We have 35 years of experience doing this kind of thing. Take advantage of it and let one of our professional Medicare agents right here in Fresno score an "ace" for you.

The "In" Game for the Medicare Set.

So, why tennis? Why are all of the seniors turning to this great sport? Maybe they know something we don't. There are a lot of good reasons for seniors to take up this game, if they didn't do so when they were younger. Here's why:

1. It's cheap-Just get yourself a tennis racquet and some balls and you're all set. There are public courts everywhere.
2. It's easy-and you get great exercise.
3. You can get lessons-If you got some lessons, you might get pretty good at it. But, with some practice, you might be able to pull it off on your own.
4. Have fun- you really need to have someone to play with, so match up. And you can get a bunch of friends together and have a ball.

How about Pickleball?

What? Pickleball? What's that? It's one of the fastest growing sports in the country for seniors, that's what. It's relatively new. It only got started in the 60's in Seattle as a backyard game for kids. It's sort of a mix of tennis, ping pong and badminton. The court is about a third of the size of a tennis court. You get a lot of exercise, but you don't stress and pound your joints like you can in tennis.

So, what's it going to be, tennis or pickleball? They're both great for exercise and a lot of fun. And either sport can be played until? Well, you call it. Some people are playing well into their 90's. Plus, the better shape you're in, the less Medicare benefits you'll need to use.