

25 Benefits of Girls Playing Sports

1. Sports are FUN.
2. Girls and women who play sports have a more positive body image than girls and women who don't participate.
3. Girls who participate in sports have higher self-esteem and pride in them-selves.
4. Physical activity can reduce symptoms of stress and depression among girls.
5. Playing sports teaches girls how to take risks and be aggressive.
6. Sports are where girls can learn goal-setting, strategic thinking, the pursuit of excellence in performance, and other achievement-oriented behaviors. These are crucial skills for success in the workplace.
7. Playing sports teaches math skills.
8. Sports help girls develop leadership skills.
9. Sports teach girls teamwork.
10. Regular physical activity in adolescence can reduce girls' risk for obesity.
11. Physical activity appears to decrease the initiation of cigarette smoking in adolescent girls.
12. Research suggests that girls who participate in sports are more likely to experience academic success and graduate from high school than those who do not play sports.
13. Teenage female athletes are less than half as likely to get pregnant as female non-athletes
14. Teenage female athletes are significantly more likely than non-athletes to report that they have never had sexual intercourse
15. Teenage female athletes are more likely than non-athletes to experience their first sexual intercourse later in adolescence.
16. High school sports participation may help prevent osteoporosis. *Girls who play sports are more likely to grow up to be women who remain physically active.*
17. Women who exercise report being happier than those who do not exercise.
18. Women who exercise believe they have more energy and more often feel they are in excellent health than women who do not exercise.
19. Women who were active in sports and recreational activities as girls feel greater confidence in their physical and social selves than those who were sedentary as kids.
20. Women who exercise miss fewer days of work.
21. Research shows that regular physical activity can reduce the risk of becoming overweight or obese.
22. Recreational physical activity may decrease a woman's chance of developing breast cancer.
23. Women who exercise weigh less than non-exercising women.
24. Women who exercise have lower levels of blood sugar, cholesterol, and triglycerides, and have lower blood pressure than women who do not exercise.
25. Regular exercise improves overall quality of life.