

25 Benefits of Girls Playing Sports

SUCCESS

- Physical activity reduces stress and depression among girls.
- Sports teach girls how to take risks and be aggressive.
- Girls learn goal setting, strategic thinking and pursuit of excellence in performance—all skills necessary for success in the workplace.
- Research show that female athletes are more likely to be academically successful and graduate from high school.
- Women who exercise miss fewer days of work.

LOWER RISK

Teenage female athletes are:

- less than half as likely to get pregnant as non-athletes.
- more likely to report never having sexual intercourse as non-athletes.
- more likely to experience their first sexual intercourse later in adolescence than non-athletes.

EMPOWERMENT

Girls who play sports:

- feel greater confidence in their physical and social selves.
- have a more positive body image.
- have higher self-esteem.

WELL-BEING

Women who exercise:

- report being happier than those who do not.
- believe they have more energy and are in excellent health more often than those who do not.
- report a better overall quality of life.

SKILLS

Playing sports:

- teaches math skills.
- helps girls develop leadership skills.
- teaches teamwork.

HEALTH

Regular physical activity in adolescence:

- can reduce girls' risk for obesity.
- Decreases the initiation of cigarette smoking in girls.
- may help prevent osteoporosis.
- can reduce hyperlipidemia (high levels of fat in the blood).
- may decrease the risk of breast cancer.
- is an affective tool for maintaining a healthy weight.
- can help lower levels of blood sugar, cholesterol, triglycerides and lower blood pressure.

NUMBER 1 REASON:
Sports are FUN!



The Coalition

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