

# 25 benefits for girls and women taking part in sport and physical activity

- 1.** Sport is **fun**.
- 2.** Girls and women who play sport have a more positive body image than girls and women who do not.
- 3.** Girls who participate in sport have higher self-esteem and pride in themselves.
- 4.** Research suggests that physical activity is an effective tool for reducing the symptoms of stress and depression among girls.
- 5.** Playing sport teaches girls how to take risks and be assertive.
- 6.** Sport is where girls can learn goal-setting, strategic thinking and the pursuit of excellence in performance – critical skills in the workplace.
- 7.** Playing sport teaches mathematical skills.
- 8.** Sport helps girls develop leadership skills.
- 9.** Sport teaches girls teamwork.
- 10.** Regular physical activity in adolescence can reduce girls' risk of obesity.
- 11.** Physical activity appears to decrease the initiation of cigarette smoking in adolescent girls.
- 12.** Research suggests that girls who participate in sport are more likely to experience academic success and stay in school than those who do not play sport.
- 13.** Teenage girls who do sport are less likely to get accidentally pregnant than non-athletes.
- 14.** Teenage girls who do sport are better role models for other girls in terms of their personal, social, health and educational development.
- 15.** Mothers who do sport and physical activity have a positive effect in sustaining girls' participation through the teenage years.
- 16.** Secondary school sport may help to prevent osteoporosis.
- 17.** Women who exercise report being happier than those who do not exercise.
- 18.** Women who exercise believe they have more energy, and report that they are in excellent health more often than non-exercising women.
- 19.** Women who are active in sport and recreational activities as girls feel greater confidence (both physically and socially) than those who are sedentary.
- 20.** Women who exercise miss fewer days of work.
- 21.** Research suggests that regular physical activity can reduce hyperlipidemia (high levels of fat in the blood).
- 22.** Recreational physical activity may decrease a woman's chance of developing breast cancer.
- 23.** Women who exercise have a healthy weight.
- 24.** Women who exercise have lower levels of blood sugar, cholesterol and triglycerides, and have lower blood pressure than non-exercising women.
- 25.** Regular exercise improves the overall quality of life.



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The **sport**scotland group is made up of **sport**scotland, **sport**scotland Trust Company (National Centres) and the Scottish Institute of Sport.

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The work of the Women's Sport and Fitness Foundation is motivated by our vision of a nation of active women, where sport and exercise is an integral part of everyday life.

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