

5 Reasons Girls Should Play Sports

Why play sports? You might say "to get exercise" and you'd be right. To have fun? That's true, too. But there's more. In fact, there are at least 5 more reasons. According to the Women's Sports Foundation, girls who play sports get a lot more than just fit.

1. **Girls who play sports do better in school.** You might think that athletics will take up all your study time. But research shows that girls who play sports do better in school than those who don't. Exercise improves learning, memory, and concentration, which can give active girls an advantage in the classroom.
2. **Girls who play sports learn teamwork and goal-setting skills.** Sports teaches valuable life skills. When you working with coaches, trainers, and teammates to win games and achieve goals, you're learning how to be successful. Those skills will serve you well at work and in family life.
3. **Sports are good for a girl's health.** In addition to being fit and maintaining a healthy weight, girls who play sports are also less likely to smoke. And later in life, girls who exercise are less likely to get breast cancer or osteoporosis.
4. **Playing sports boosts self-confidence.** Girls who play sports feel better about themselves. Why? It builds confidence when you know you can practice, improve, and achieve your goals. Sports are also a feel-good activity because they help girls get in shape, maintain a healthy weight, and make new friends.
5. **Exercise cuts the pressure.** Playing sports can lessen stress and help you feel a little happier. How? The brain chemicals released during exercise improve a person's mood. Friends are another mood-lifter. And being on a team creates tight bonds between friends. It's good to know your teammates will support you — both on and off the field!

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