



6 Benefits of Girls Participating in Sports



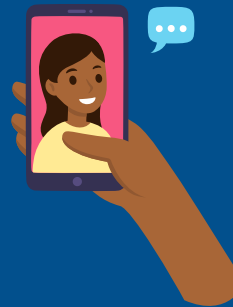
Girls who play sports get physical benefits including being more fit, having a lower BMI and having stronger bones. Their immune systems are stronger and they run a reduced risk of chronic illnesses later in life such as heart disease, high blood pressure, diabetes, and endometrial, colon and breast cancers



Girls of all grade levels who participate in sports report a more positive relationship with body esteem



Studies show female athletes are better students and show a stronger commitment to their studies



Female athletes use social media at a far lower rate than their peers and report less sadness and depression as a result



Being on a sports team gives girls a chance to build a new social network and develop friendships outside of school.

Girls who play team sports are better at organizing, setting priorities, and budgeting time

