

FACTS ABOUT GIRLS WHO ARE ACTIVE

The top 5 reasons girls say they play sports are to have fun, to stay in shape, to get exercise, to improve skills and to do something they are good at.

The Facts...

- ✓ Physical activity decreases as the ages of girls increases.
- ✓ Girls drop out of sport at a rate that is six (6) times higher greater than boys by the age of 14.
- ✓ 50% of 9-year old females and 80% of 10-11 year old females are on some type of diet.
- ✓ By age 18, more than 50% of women perceive themselves as too fat, despite having normal body weight.
- ✓ If a girl does not participate in sport by the time she is 10, there is only a 10% chance that she will participate when she is 25.
- ✓ ***DON'T BECOME A STATISTIC!***

The Benefits of Physical Activity

Physical

- ✓ Have healthier weights, lower levels of blood sugar, cholesterol and blood pressure than non-exercising women.
- ✓ Moderate physical activity can significantly reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure.
- ✓ Have a reduced risk of developing breast cancer. Girls who participate in as little as 4 hours of exercise per week may reduce their lifelong risk of breast cancer (a disease that affects 1 out of every 8 women) by up to 60%.
- ✓ Have a reduced risk of developing osteoporosis (loss of bone mass).

Mental

- ✓ Have enhanced mental health through physical activity with more positive feelings about body image, improved self-esteem, feelings of competency and success and are at a lower risk for developing depression.
- ✓ Enjoy higher levels of self-confidence, stronger self-images, and more skill and experience with physical activity than inactive women.

- ✓ And who participate in sports, are more likely to experience academic success and graduate from high school than those who do not play sports.
- ✓ Exercise and sport participation can be used as therapeutic and preventative intervention for enhancing the physical and mental health of adolescent females.
- ✓ Feel greater confidence, self-esteem, and pride in their physical and social selves than those who were sedentary as kids

SOCIAL

- ✓ Have more avenues to meet new friends and do fun things than girls who are not active
- ✓ Teenage female athletes are more likely to have positive body images and less likely to use drugs, less likely to be suicidal, less likely to smoke than female non-athletes.
- ✓ Teenage female athletes are more than half as likely to have an unwanted pregnancy than female non-athletes.

Find an activity that you enjoy and go with it!

Information derived and adapted from the Canadian Association for the Advancement of Women in Sport and the Women's Sport Foundation. (CAAWS)

www.caaws.ca

Check out our website: <http://www.activehalifax.ca/girls/>