



Get in the Game!

Educational & Social Benefits for Girls who Participate in Sports



- Girls who participate in sports are more likely to graduate from high school and experience academic success than those who don't
- Female high school athletes have lower odds of teen pregnancy than their non-athlete peers
- Participation in sports is also linked with an overall delay in sexual activity for girls

Health Benefits for Girls who Participate in Sports

- Female athletes are less likely to use drugs than female non-athletes
- Athletic participation helps to reduce smoking among girls
- Regular exercise may reduce the risk of breast cancer, the most common form of cancer among women
- One in six girls today is obese or overweight. Regular participation in physical activity during childhood and adolescence helps control weight, build muscle and reduce fat



- Research shows that physical activity helps to reduce girls' and women's risk for cardiovascular disease, the number one cause of death among American women
- High school sports participation may help prevent osteoporosis. Women who participated in high school sports have higher bone density than those who did not

Source: The Women's Sports Foundation, Her Life Depends on It: Sport, Physical Activity and the Health and Well-Being of American Girls (May 2004)