

Girls who play sports have higher levels of confidence and self-esteem and lower levels of depression.

Girls who play sports have a more positive body image and experience higher states of psychological well-being than girls who do not play sports.

Girls who play sports are less likely than non-participants to experience unwanted pregnancies; less likely to use drugs and alcohol; less likely to smoke; less likely to be suicidal.

Girls who play sports are more likely to get better grades in school; and more likely to graduate than girls who do not play sports.

As little as four hours of exercise a week may reduce a teenage girl's risk of breast cancer by up to 60%.

**DID YOU
KNOW**



Sports is where girls learn about teamwork, strategic thinking, goal-setting, the pursuit of excellence - critical skills necessary for success in the workplace. 80% of female executives at Fortune 500 companies report having played in sports in school.

Osteoporosis is caused by insufficient bone density in older women. The critical years for developing bone density are age 12 to 16. Girls who exercise regularly during those years have 22% greater bone density at the age of 60.