









































50 REASONS WHY PARENTS SHOULD ENCOURAGE THEIR CHILDREN TO PLAY SPORT

INCREASES CONFIDENCE 	BUILDS FRIENDSHIPS 	BUILDS CHARACTER 	IMPROVES SELF ESTEEM 	IMPROVES MEMORY 
REDUCES OBESITY 	DEVELOPS RESILIENCE 	TEACHES RESPECT 	IMPROVES MOOD 	DEVELOPS CREATIVITY 
REDUCES ANXIETY 	REDUCES STRESS 	REDUCES DEPRESSION 	TEACHES LIFE LESSONS 	PROMOTES FAIR PLAY 
IMPROVES BODY IMAGE 	BOOSTS BRAIN POWER 	DEVELOPS FOCUS 	IMPROVES ACADEMIC PERFORMANCE 	PROMOTES SOCIAL INTERACTION 
TEACHES LIFE LESSONS 	IMPROVES BRAIN FUNCTIONING 	IMPROVES SLEEP 	IMPROVES DECISION MAKING 	DEVELOPS AUTONOMY 
DEVELOPS STRONGER BONES 	DEVELOPS STRONGER JOINTS 	HELPS TO CONTROL WEIGHT 	INCREASES ENERGY LEVELS 	INCREASED ATTENTION 
IMPROVES QUALITY OF LIFE 	TEACHES CHILDREN ABOUT VALUES 	IMPROVES COGNITIVE FUNCTIONING 	IMPROVES POSTURE 	BUILDS STRENGTH 
IMPROVES BLOOD FLOW 	IMPROVES FITNESS 	TEACHES TEAMWORK 	IMPROVES LEARNING 	REDUCES FATIGUE 
IMPROVES BREATHING 	HELPS CHILDREN TO LEARN FROM FAILURE 	IMPROVES REFLEXES 	HELPS CHILDREN TO ACHIEVE GOALS 	HELPS TO DEVELOP COPING SKILLS
IMPROVES IMMUNE SYSTEM 	TEACHES CHILDREN ABOUT WINNING 	TEACHES CHILDREN ABOUT LOSING 	HELPS CHILDREN TO EXPERIENCE SUCCESS 	CHILDREN HAVE FUN 