

playball®

WHY IS SPORT IMPORTANT IN A CHILD'S LIFE?

There are many reasons having your children involved in sports or some type of physical activity are good for their overall growth as an individual both at a young age and for years to come.

The first and primary reason is their **health**. Many children today are obese (in fact this # is a staggering 1 in 3). Obesity creates many problems in children both physical and emotional. Children who are overweight are more susceptible to diseases as are adults from diabetes to asthma.

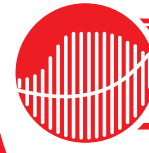
Another reason is **self-esteem**. Let's face it kids can be mean. If your child is overweight they are more prone to being picked on causing an increase in self-esteem issues. Self-esteem issues can lead to an adulthood full of seclusion, suicide, depression and many other mentally debilitating problems.

The third reason is their **social skills**. Children who are secluded from other children are not as likely to do well in a group setting. Being involved in sports teaches children in team sports to work as a team but even in individual sports how to interact with others during practices, competitions etc. These are valuable lessons that should be learned at a young age. Once in a work setting lessons learned from sports are invaluable.

A fourth reason that being involved in sports is so important in a child's life is the **time management** lessons that are learned. Children have to make time for these sports outside of school and manage to get their homework done and still have time for friends. For those who are involved in sports at a young age, once in a workplace this all becomes second nature. Work, family, friends and taking care of a house seem much more manageable.



For more info, contact:



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