

1. Sport is fun.
2. People who play sport have a more positive body image than people who do not.
3. People who participate in sport have higher self-esteem and pride in themselves.
4. Research suggests that physical activity is an effective tool for reducing the symptoms of stress and depression.
5. Playing sport teaches people how to take risks and be assertive.
6. Sport is where people can learn goal-setting, strategic thinking and the pursuit of excellence in performance – critical skills in the workplace.
7. Playing sport teaches mathematical skills.
8. Sport helps people develop leadership skills.
9. Sport teaches people teamwork.
10. Regular physical activity in adolescence can reduce people's risk of obesity.
11. Physical activity appears to decrease the initiation of cigarette smoking in adolescents.
12. Research suggests that people who participate in sport are more likely to experience academic success and stay in school than those who do not play sport.
13. Teenage girls who do sport are less likely to get accidentally pregnant than non-athletes.
14. Teenage People who do sport are better role models for other people in terms of their personal, social, health and educational development.
15. Parents who do sport and physical activity have a positive effect in sustaining their children's participation through the teenage years.
16. Secondary school sport may help to prevent osteoporosis in girls.
17. People who exercise miss fewer days of work.
18. People who exercise have a healthy weight.
19. Regular exercise improves the overall quality of life.
20. People who exercise report being happier than those who do not exercise.
21. Research suggests that regular physical activity can reduce hyperlipidemia (high levels of fat in the blood).
22. Recreational physical activity may decrease a woman's chance of developing breast cancer.
23. People who exercise believe they have more energy, and report that they are in excellent health more often than non-exercising people.
24. People who exercise have lower levels of blood sugar, cholesterol and triglycerides, and have lower blood pressure than non-exercising people.
25. People who are active in sport and recreational activities feel greater confidence (both physically and socially) than those who are not active.

