

Sports + Health

Where we live and the quantity and quality of exercise facilities that are available have a large impact on the health of our communities.

As our lifestyles become more sedentary, so does our risk of

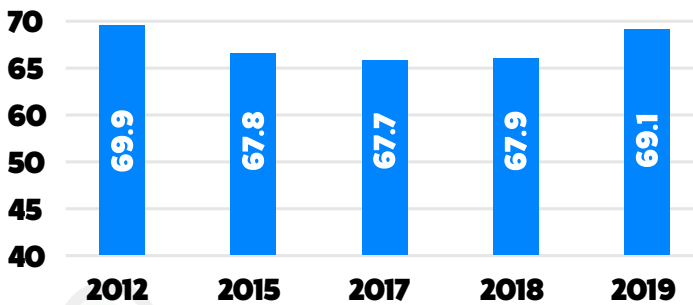
heart disease, stroke, obesity and diabetes, but this risk doesn't just increase for us.

Active parents are associated with active children, and our intergenerational cycle can be a force for good in the lives of our

children. Modeling healthy, active lifestyles encourages children and adolescents to get up and move, and one of the most popular ways to do this is by participating in team or individual sports.

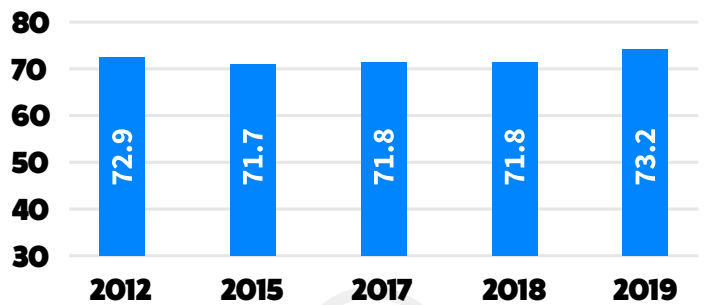
Total Sport Participation Rate²

Percentage of Adolescents 13-17



Total Sport Participation Rate²

Percentage of Children 6-12



The creation of **greenspaces, courts, fields, and other recreational facilities** is key to encouraging more children and adolescents to get and stay active.

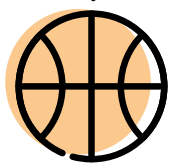
Global Cost of Physical Inactivity¹

\$54 Billion

Benefits of Physical Exercise + Sports

Lower Obesity Rates²

Children who actively participate in sports are significantly less likely to struggle with weight-related issues like obesity, diabetes, heart disease and high blood pressure.



Lower Health Costs²

Children, adolescents, and adults who are active generally have much lower health costs than those who are not.



Less Depression²

Children, adolescents, and adults who engage in active lifestyles have lower rates of depression and self-derogation. Women are especially at risk for depression³



Higher Self-esteem²

Children and adolescents who participate regularly in sports or other activities have higher self-esteem.



Higher Test Scores²

High levels of activity help children and adolescents excel in the classroom, increasing test performance by as much as 40% over their less active peers.

