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YOUTH HEALTH BULLETIN



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BACK TO SCHOOL: TIME TO TRY A NEW SPORT!









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Fall Sports

- Cross-country
- Dance
- Soccer
- Football
- Volleyball
- Cheerleading

Spring Sports

- Baseball
- Golf
- Softball
- Tennis
- Track and field

Winter Sports

- Basketball
- Cheerleading
- Dance
- Gymnastics
- Indoor track and field
- Wrestling
- Swimming

If you do not know the sports your school offers, talk to someone at your school. Coaches are always happy to talk about the team that they coach!

Team sports and individual sports

Some sports such as soccer, football and basketball require players to be working together on the field at the same time. Sports such as tennis, gymnastics and cross-country have each team member working toward an individual score which is then added up to determine the winning team. This may help you choose a sport with which you would like to be involved.

5 reasons girls should play sports

1. Girls who play sports usually do better in school.

Exercise can improve concentration and memory which helps in the classroom.

2. Girls who play sports learn teamwork.

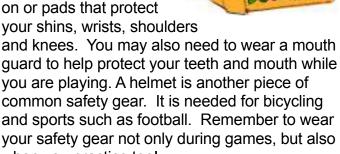
> Life skills such as team work and goal setting are important for sports and important skills to have as you grow up.

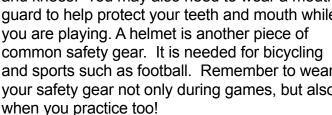


- 3. Sports are very good for girl's health. Girls who exercise are less likely to smoke and more likely to live a healthy life.
- 4. Sports boost self confidence. It feels good when you can build and reach your goals.
- 5. Sports are stress relievers. School can be stressful and being active can help you manage stress.

Sport safety!

There are many different sports that require you to have safety equipment. Some sports require special shoes that help you grip the field that you are playing on or pads that protect





REFERENCES:

- KidsHealth.org What if I do not like sports? October 2010
- KidsHealth.org 5 Reasons girls should play sports. May 2009
- KidsHealth.org Choosing the right sport for you. January 2011
- WebMD Sports Safety: Helmets Save Heads. May 2010

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Written by: Nicole Peritore Get Moving Kentucky Coordinator University of Kentucky HEEL Program

Edited by: Connee Wheeler Designed by: Rusty Manseau

Wally Cat and other cartoons by: Chris Ware (© University of Kentucky)

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