THE IMPORTANCE OF

SPORT & PHYSICAL ACTIVITY FOR WOMEN & GIRLS

CAAWS IS THE GO TO SOURCE IN CANADA FOR EXPERTISE AND CREATING OPPORTUNITIES FOR GIRLS AND WOMEN TO PARTICIPATE AND LEAD IN SPORT AND PHYSICAL ACTIVITY. There's no better time than now for Canadians to show their support for women and girls in sport and physical activity.

DID YOU KNOW...

THERE IS A GAP IN PARTICIPATION!

ONLY 8% of girls **MET THE RECOMMENDATIONS** of the Canadian Physical Activity Guidelines

COMPARED TO

14% of boys[1]

ONLY 2% of girls aged 12-17 are **GETTING ENOUGH PHYSICAL ACTIVITY**[2].

YET, NEARLY ALL parents report their kids are very physically active[1]

ONLY 1/10 high school girls **ENROL IN OPTIONAL PHYSICAL EDUCATION CLASSES**[3]

FEMALES COMPRISE ONLY:

39% of **REGISTERED COMPETITORS** & **38%** of **RECREATIONAL MEMBERS**

OF SUMMER SPORT NATIONAL SPORT ORGANIZATIONS[3]

ONLY 19% of Canadian **WOMEN PARTICIPATED IN SPORT**

COMPARED TO

35% of Canadian **MEN**[4]

HEALTH BOOSTING FACTS

REGULAR PHYSICAL ACTIVITY HAS BEEN PROVEN TO HELP[4]...

- BOOST SELF-ESTEEM & CONFIDENCE
- IMPROVE FITNESS
- IMPROVE PERFORMANCE IN SCHOOL
- MAINTAIN HEALTHY BODY WEIGHT
- LEARN NEW SKILLS

PEOPLE WHO ARE INACTIVE FACE A GREATER RISK OF[5]:

- TYPE 2 DIABETES
- OBESITY
- HEART DISEASE AND STROKE
- HIGH BLOOD PRESSURE
- DEPRESSION

CHILDHOOD IS THE IDEAL TIME FOR DEVELOPING THE HABIT OF REGULAR PHYSICAL ACTIVITY, which provides important health benefits when pursued through adulthood.

AGE 10 IS THE KEY!

If a girl doesn't participate by age 10 there is **ONLY A 10% CHANCE SHE'LL BE PHYSICALLY ACTIVE AT AGE 25**[1]

MOM'S PARTICIPATION in sport increases the rate of her child's participation by[1]

↑ 22%

For more information on supporting women and girls in sport and physical activity and getting involved, visit www.caaws.ca. Be a champion for girls and women in your family, community or sport!