## Sports Keep Youth Healthy!

## Research Shows Participation in Sports is Associated with

Physical Well-Being



Healthier weight, improved cardiorespiratory health, and stronger muscles



Emotional Well-Being



Lower rates of anxiety, depression, suicide, and substance use, and increased self-confidence



Cognitive Well-Being



Improved cognitive performance and greater creativity

"Sport has the power to change the world."

Nelson Mandela



Sports Concussion Center of New Jersey