

# Fit Bodies ... Fit Minds.

**Want your children to be successful in life?**

**Encourage them to play sports!**

We're told about the physical benefits of sports participation all the time. It's pretty much common sense that the more physically active you are, the healthier you'll be. What we don't hear about as much, but is just as significant, are the psychological benefits. Did you know that playing sports can improve your child's social skills? It's true! There are studies that prove it. In fact, not only does athletic activity benefit children socially, but essentially, it can lead them down a path towards greater success in life. This seems like a pretty big feat for chasing a ball down the field, don't you think? Well – there's a little more to it than that.

**Score the winning touchdown and an "A" in Algebra**

### Mental Benefits

According to research, playing sports may actually help students perform better in the classroom. Participating in sports teaches children to focus effectively, and reinforces the importance of concentration. This kind of discipline can carry over into the classroom allowing for greater attention during lectures and on assignments. According to Bryant Cratty in *Physical Expressions of Intelligence*, the ability to focus is directly related to physical health. Physical activity increases oxygen intake and blood flow to the brain, which in turn results in a greater ability to concentrate.

**Kick it on the field and with friends**

### Social Benefits

If you have found that your child has difficulty making friends or relating to others in social situations, joining a sports team could be just what he or she needs. Through team sports, kids are given the opportunity to spend a significant amount of time doing something fun with people who are the same age and have similar interests. This helps form a sense of community with teammates. In addition, participating in team sports allows children to take on leadership roles, to learn to handle adversity and competition, and even to improve their time management skills. Young athletes are taught about fair play and abiding by rules and regulations – social and moral skills that they will carry over into their everyday lives and into adulthood.



**Boost batting average and self-confidence**

### Esteem Benefits

In today's severely body-conscious world, kids are becoming more concerned about their physical appearance and consequently jeopardizing their health at younger and younger ages. But studies have shown that youth who participate in sports are actually more self-confident and more satisfied with their physical appearance than those who don't play sports. In a study performed by The President's Council on Physical Fitness and Sports, it was shown that athletically active girls develop increased levels of self-esteem and confidence, are more likely to finish high school and college, and have a healthier body image. In addition, the Women's Sports Foundation found that girls who participate in sports suffer less depression. The increased levels of confidence may be due in part to the effect exercise has on us physically. According to John Russell, President of the American Fitness Association, it has been shown that "exercise can alter your mood by releasing endorphins in your body. If you're in a better mood, you'll feel better about yourself."

At Velocity Sports Performance, we certainly strive to help our athletes become faster, more powerful and more agile. But it is also our goal through our coaching style to help them develop these psychological benefits that will help them become more well-rounded, successful individuals in life.