

DROPPING



ON

**MULTIMEDIA
PACK**



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PSYCHOLOGICAL BENEFITS OF SPORTS IN ADOLESCENCE




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**ADOLESCENCE IS A PERIOD OF GREAT CHANGE.
SPORTS CAN BE A VALUABLE ALLY, NOT ONLY
FOR PHYSICAL HEALTH BUT ALSO FOR
PSYCHOLOGICAL DEVELOPMENT. LET'S EXPLORE
THE MENTAL HEALTH BENEFITS THAT SPORTS
CAN OFFER YOUNG PEOPLE**

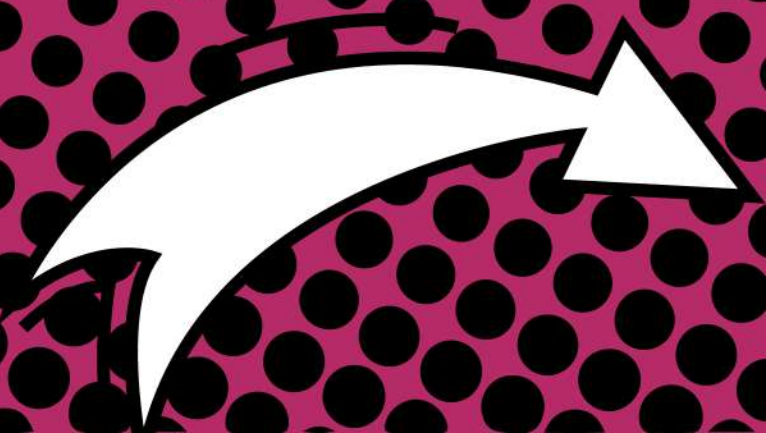




REDUCTION OF STRESS AND ANXIETY

ADOLESCENTS WHO PLAY SPORTS REGULARLY SHOW LOWER LEVELS OF STRESS AND ANXIETY. A EUROPEAN STUDY FOUND THAT 70% OF YOUNG PEOPLE WHO ENGAGE IN REGULAR PHYSICAL ACTIVITY FEEL MORE RELAXED.* THE ENDORPHINS RELEASED DURING EXERCISE ACT AS NATURAL MOOD REGULATORS, ENHANCING EMOTIONAL WELL-BEING.

Sources: University of Cambridge

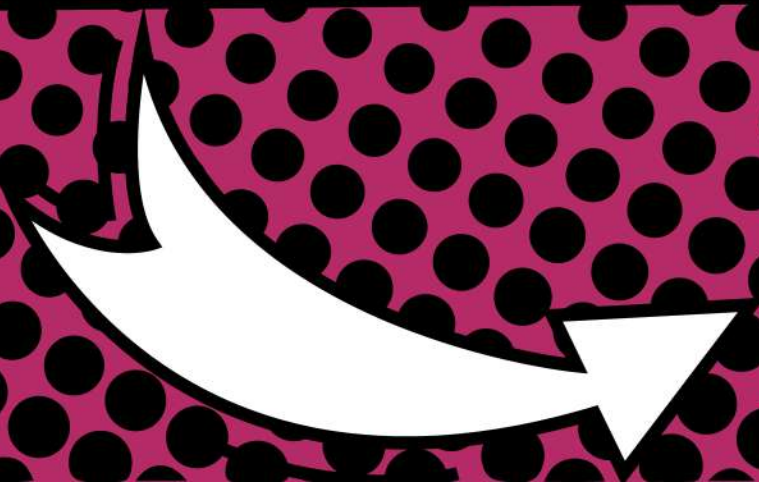




**GREATER
SELF-ESTEEM
AND CONFIDENCE**

SPORTS HELP YOUNG PEOPLE FEEL MORE SECURE. OVERCOMING CHALLENGES AND ACHIEVING SPORTS GOALS CONTRIBUTE TO BUILDING SELF-ESTEEM AND SELF-CONFIDENCE. AN ITALIAN STUDY FOUND THAT 80% OF YOUNG ATHLETES REPORT GREATER PERSONAL CONFIDENCE COMPARED TO THEIR NON-ATHLETIC PEERS.* THIS EFFECT IS ESPECIALLY VISIBLE IN TEAM SPORTS, WHERE MUTUAL SUPPORT STRENGTHENS PERSONAL WELL-BEING.

Sources: University of Cambridge

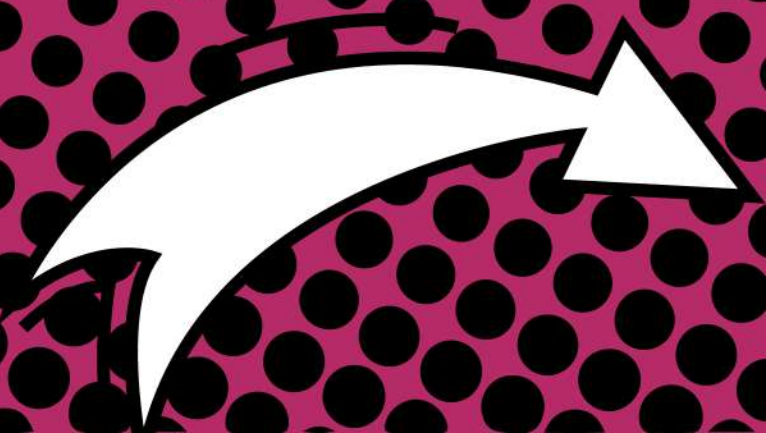




DEVELOPMENT OF SOCIAL SKILLS

PARTICIPATING IN TEAM SPORTS IS NOT ONLY AN OPPORTUNITY TO MAKE FRIENDS BUT ALSO TO DEVELOP FUNDAMENTAL SOCIAL SKILLS. THE UNIVERSITY OF CAMBRIDGE OBSERVED THAT ADOLESCENTS INVOLVED IN GROUP SPORTS ARE 72% MORE LIKELY TO IMPROVE COMMUNICATION AND COOPERATION SKILLS COMPARED TO THOSE NOT PRACTICING SPORTS.*

Sources: [ISS](#), University of Cambridge, 2021





PREVENTION OF DEPRESSION

**PRACTICING SPORTS REGULARLY CAN REDUCE THE RISK
OF DEPRESSIVE SYMPTOMS BY UP TO 40%.***

**ADOLESCENTS WHO ENGAGE IN PHYSICAL ACTIVITY ARE
BETTER ABLE TO MANAGE THEIR EMOTIONS AND BUILD
EMOTIONAL RESILIENCE, HELPING THEM FACE DAILY
CHALLENGES.**

Sources: [State of Mind](#), American Psychological Association, 2020





DISCIPLINE AND RESILIENCE FOR LIFE

**THE DISCIPLINE REQUIRED TO TRAIN AND IMPROVE IN
SPORTS BECOMES A VALUABLE ASSET FOR FACING
OBSTACLES AND CHALLENGES.**

**A 2020 EUROPEAN STUDY FOUND THAT 85% OF YOUNG
ATHLETES DEVELOP GREATER RESILIENCE COMPARED TO
INACTIVE PEERS.***

Sources: European Journal of Sport Science, 2020





WHY PROMOTE SPORTS AMONG YOUNG PEOPLE?

**SUPPORTING SPORTS FOR ADOLESCENTS MEANS
INVESTING IN THEIR MENTAL WELL-BEING AND THEIR
FUTURE.**

**SPORTS OFFER TOOLS FOR EMOTIONAL GROWTH THAT
HELP YOUNG PEOPLE FACE THE CHALLENGES OF ADULT
LIFE.***

Sources: [State of Mind](#), ISS, 2021





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PHYSICAL BENEFITS OF SPORTS IN ADOLESCENCE



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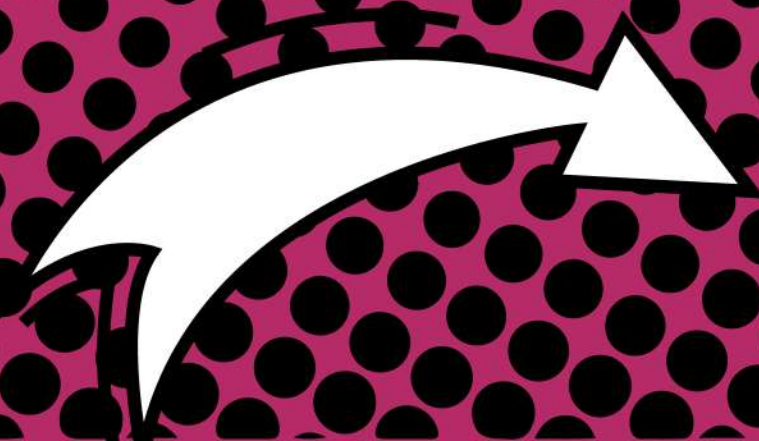
**PRACTICING SPORTS DURING ADOLESCENCE
IS KEY NOT ONLY FOR MENTAL WELL-BEING
BUT ALSO FOR PHYSICAL DEVELOPMENT.
REGULAR PHYSICAL ACTIVITY IN THESE
FORMATIVE YEARS CREATES A SOLID
FOUNDATION FOR A HEALTHIER FUTURE.**





**IMPROVED
CARDIOVASCULAR
HEALTH**

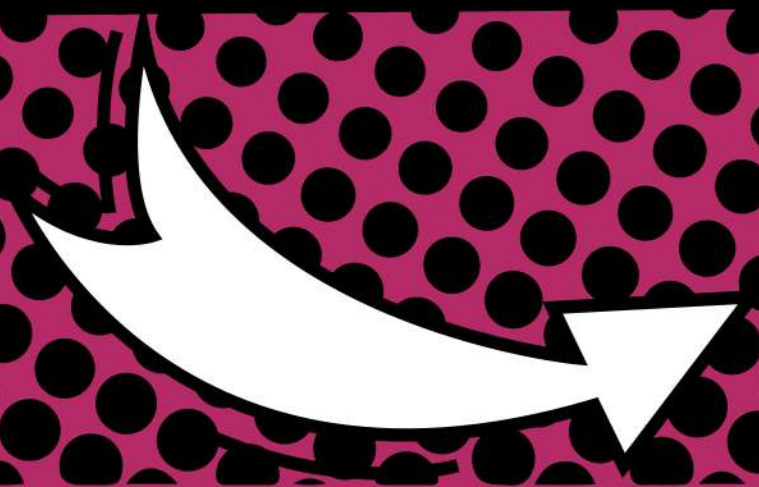
**ADOLESCENTS WHO ENGAGE IN SPORTS SHOW
BETTER CARDIOVASCULAR HEALTH, WITH A 20%
LOWER RISK OF DEVELOPING HEART PROBLEMS AS
ADULTS. REGULAR PHYSICAL ACTIVITY
STRENGTHENS THE HEART AND IMPROVES BLOOD
CIRCULATION, REDUCING STRESS ON THE
CARDIOVASCULAR SYSTEM.***





STRONGER MUSCLES AND BONES

SPORTS IN ADOLESCENCE ARE CRUCIAL FOR BUILDING MUSCLE STRENGTH AND INCREASING BONE DENSITY BY UP TO 40%. STRONGER MUSCLES AND BONES NOT ONLY SUPPORT A MORE ACTIVE LIFESTYLE BUT ALSO REDUCE THE RISK OF FRACTURES AND OSTEOPOROSIS LATER IN LIFE.*

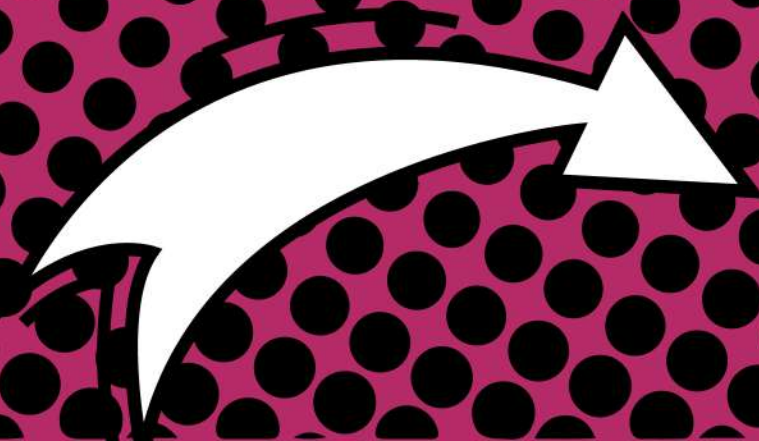




BETTER WEIGHT MANAGEMENT

**ENGAGING IN SPORTS HELPS ADOLESCENTS
MANAGE THEIR WEIGHT EFFECTIVELY. WITH
REGULAR ACTIVITY, YOUNG ATHLETES HAVE A
50% LOWER RISK OF OBESITY. INCREASED
METABOLISM AND CALORIE BURN SUPPORT A
HEALTHY WEIGHT AND LOWER THE RISK OF
WEIGHT-RELATED ISSUES.***

Sources: American Academy of Pediatrics

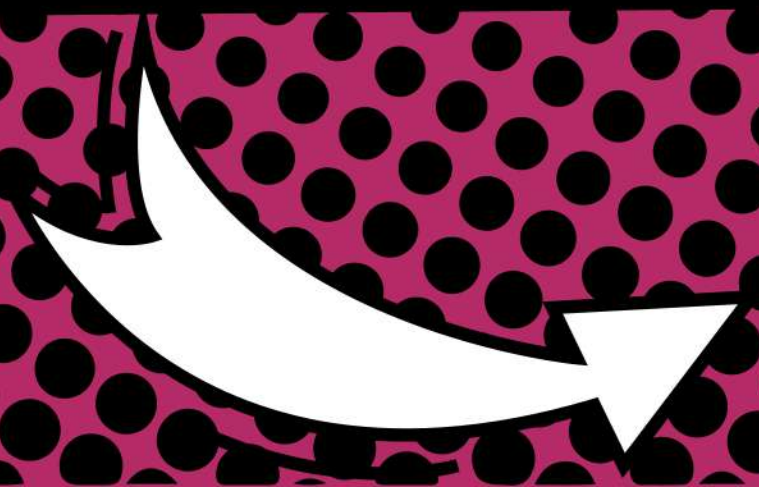




**ENHANCED
FLEXIBILITY AND
COORDINATION**

**SPORTS IMPROVE BALANCE, FLEXIBILITY, AND
COORDINATION, ESSENTIAL FOR PHYSICAL
AGILITY. ADOLESCENTS WHO PRACTICE SPORTS
ARE LESS PRONE TO INJURIES DUE TO IMPROVED
CONTROL OVER THEIR MOVEMENTS AND
ENHANCED BODY AWARENESS.***

Sources: European Journal of Sport Science

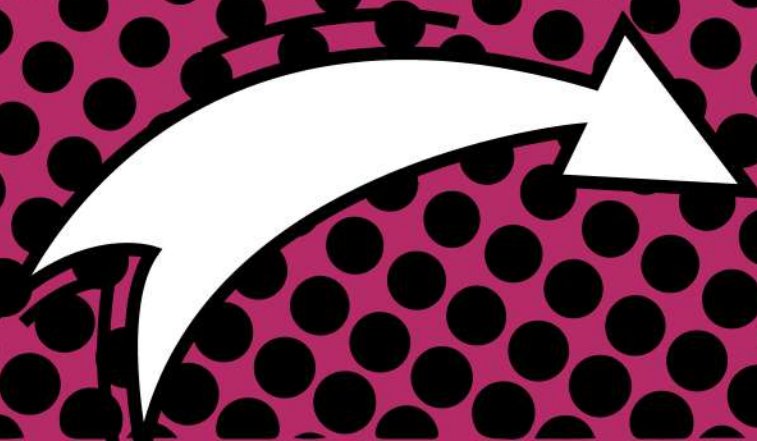




STRONGER IMMUNE SYSTEM

**REGULAR PHYSICAL ACTIVITY BOOSTS THE
IMMUNE SYSTEM, REDUCING THE RISK OF
FREQUENT ILLNESSES BY UP TO 30%. A STRONGER
IMMUNE SYSTEM HELPS ADOLESCENTS STAY
HEALTHIER, WITH FEWER ABSENCES FROM
SCHOOL AND BETTER OVERALL RESILIENCE.***

Sources: National Institutes of Health





BUILDING A HEALTHIER FUTURE

ENCOURAGING SPORTS IN ADOLESCENCE NOT ONLY PROMOTES IMMEDIATE HEALTH BENEFITS BUT ALSO LAYS THE FOUNDATION FOR A LIFETIME OF PHYSICAL WELLNESS. SPORTS FOSTER A STRONG, RESILIENT BODY PREPARED TO HANDLE THE CHALLENGES OF ADULTHOOD.

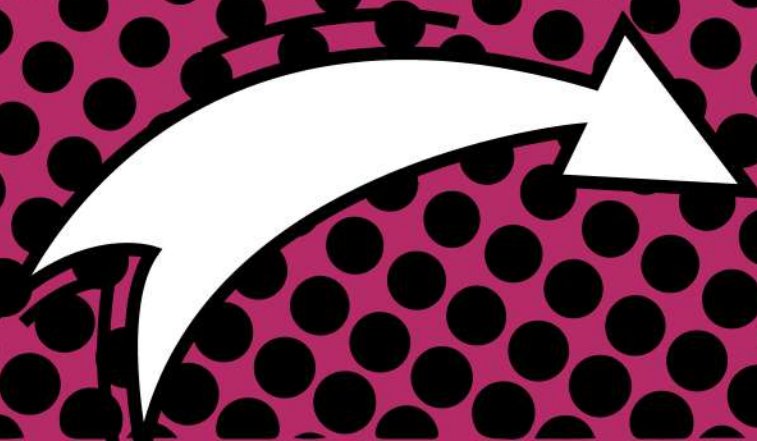




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Sources: National Institutes of Health





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SOCIAL BENEFITS OF SPORTS IN ADOLESCENCE



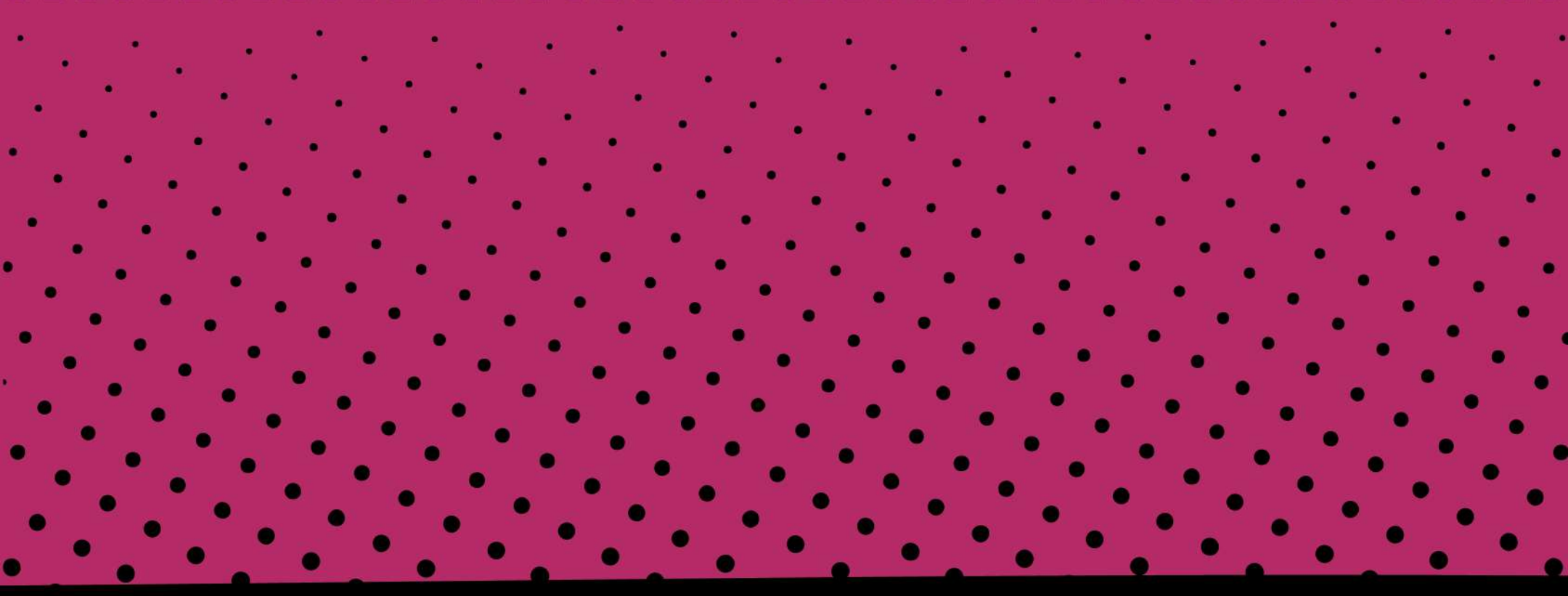


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**ENGAGING IN SPORTS DURING
ADOLESCENCE BUILDS ESSENTIAL SOCIAL
SKILLS, HELPING YOUNG PEOPLE FORGE
CONNECTIONS AND LEARN TEAMWORK,
COMMUNICATION, AND EMPATHY THAT
WILL SERVE THEM THROUGHOUT LIFE.**





IMPROVED COMMUNICATION SKILLS

ADOLESCENTS WHO PARTICIPATE IN TEAM SPORTS EXPERIENCE A 30% IMPROVEMENT IN COMMUNICATION ABILITIES. BY WORKING CLOSELY WITH TEAMMATES, THEY LEARN TO EXPRESS IDEAS, LISTEN ACTIVELY, AND ADAPT THEIR COMMUNICATION STYLE TO DIFFERENT SITUATIONS.*





ENHANCED TEAMWORK AND COLLABORATION

**70% OF YOUNG ATHLETES REPORT STRONGER
TEAMWORK SKILLS, RECOGNIZING THE VALUE OF
SHARED GOALS AND COLLABORATION. SPORTS
HELP THEM UNDERSTAND THEIR ROLE IN A GROUP,
FOSTERING ACCOUNTABILITY AND COLLECTIVE
RESPONSIBILITY.***

Sources: European Sports Research Council





**GREATER SENSE
OF BELONGING**

**PARTICIPATION IN SPORTS GIVES ADOLESCENTS A
HEIGHTENED SENSE OF BELONGING. STUDIES
INDICATE THAT 60% OF YOUNG ATHLETES FEEL
MORE CONNECTED AND SUPPORTED WITHIN
THEIR TEAMS, WHICH POSITIVELY IMPACTS THEIR
OVERALL WELL-BEING AND REDUCES FEELINGS OF
ISOLATION.***

Sources: European Journal of Social Psychology





CONFLICT RESOLUTION SKILLS

TEAM SPORTS PROVIDE A PLATFORM FOR ADOLESCENTS TO LEARN AND PRACTICE CONFLICT RESOLUTION. COMPARED TO NON-ATHLETES, YOUNG ATHLETES ARE 40% MORE LIKELY TO DEVELOP STRATEGIES FOR HANDLING DISAGREEMENTS CONSTRUCTIVELY, PROMOTING HEALTHY INTERACTIONS.*

Sources: European Youth and Sports Association

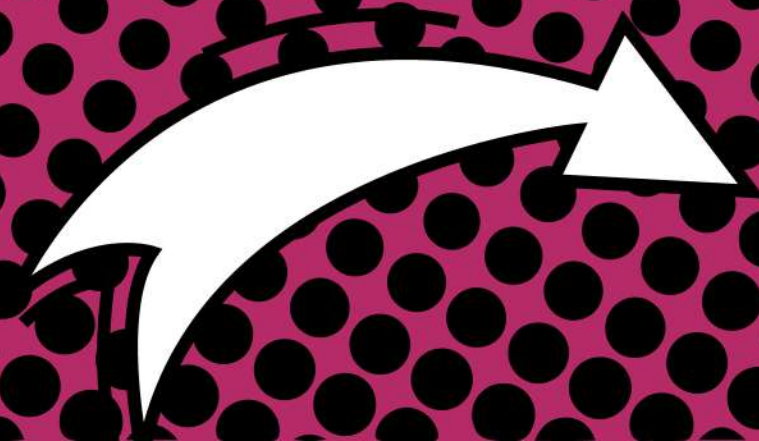




**INCREASED EMPATHY
AND EMOTIONAL
INTELLIGENCE**

**ENGAGING IN SPORTS HELPS ADOLESCENTS BUILD
EMPATHY AND EMOTIONAL UNDERSTANDING.
RESEARCH SHOWS THAT 50% OF YOUNG
ATHLETES DISPLAY HIGHER LEVELS OF EMOTIONAL
INTELLIGENCE, BECOMING MORE ATTUNED TO THE
FEELINGS AND PERSPECTIVES OF OTHERS.***

Sources: European Psychological Association





**BUILDING LIFELONG
SOCIAL
CONNECTIONS**

**SPORTS ARE A POWERFUL AVENUE FOR CREATING
LASTING FRIENDSHIPS AND STRONG SOCIAL TIES.
BY FEELING PART OF A COMMUNITY, YOUNG
PEOPLE ARE BETTER EQUIPPED TO NAVIGATE
SOCIAL SETTINGS, FOSTERING RELATIONSHIPS
THAT EXTEND BEYOND THE SPORTS FIELD.**





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GRAPHIC PANELS

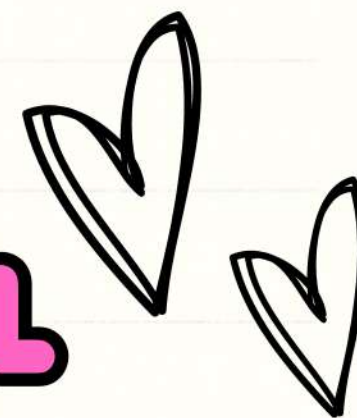


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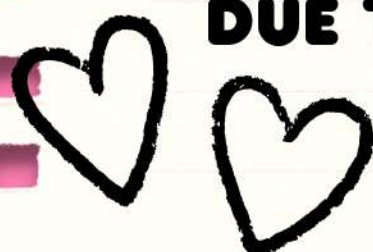
PSYCHOLOGICAL

BENEFITS OF SPORTS IN ADOLESCENCE



70%

**OF ACTIVE ADOLESCENTS
REPORT LOWER STRESS LEVELS
DUE TO ENDORPHIN RELEASE.**



80%

**OF YOUNG ATHLETES
DEVELOP A MORE POSITIVE
SELF-IMAGE.**

85%

**OF YOUNG ATHLETES
DEVELOP RESILIENCE
AND THE ABILITY TO
FACE CHALLENGES**

**REGULAR
SPORTS
ACTIVITY
REDUCES
DEPRESSIVE
SYMPTOMS BY
UP TO 40%.**



72%

**OF TEENS INVOLVED IN TEAM
SPORTS IMPROVE
COMMUNICATION AND
COOPERATION.**



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PHYSICAL

BENEFITS OF SPORTS IN ADOLESCENCE



50%

**LOWER RISK OF OBESITY,
THANKS TO ENHANCED
METABOLISM AND
EFFECTIVE CALORIE
MANAGEMENT**

20%

**LOWER RISK OF
CARDIOVASCULAR ISSUES
THANKS TO A STRONGER HEART
AND IMPROVED BLOOD
CIRCULATION.**

**IMPROVE
FLEXIBILITY AND
COORDINATION,
WHICH DECREASES
THE LIKELIHOOD OF
INJURY AND
SUPPORTS BETTER
MOVEMENT CONTROL.**

40%

**INCREASE IN BONE DENSITY AND
MUSCLE STRENGTH, PROVIDING
LONG-TERM PROTECTION AGAINST
FRACTURES AND OSTEOPOROSIS**

30%

**REDUCTION IN THE FREQUENCY
OF ILLNESS, DUE TO A STRONGER
IMMUNE SYSTEM AND
INCREASED PHYSICAL
RESILIENCE**



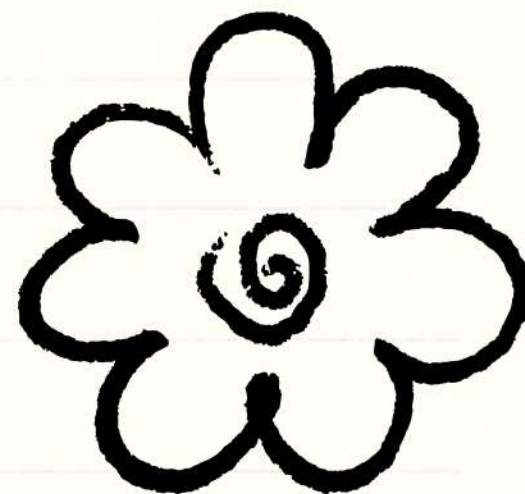
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SOCIAL



BENEFITS OF SPORTS IN ADOLESCENCE

70%

**INCREASE IN TEAMWORK AND
COLLABORATION, TEACHING
ACCOUNTABILITY AND SHARED
GOALS**

30%

**IMPROVEMENT IN
COMMUNICATION SKILLS,
HELPING YOUNG PEOPLE
EXPRESS THEMSELVES AND
LISTEN TO OTHERS**

50%

**INCREASE IN EMPATHY
AND EMOTIONAL
INTELLIGENCE, BUILDING
UNDERSTANDING AND
EMOTIONAL AWARENESS**

60%

**GREATER SENSE OF BELONGING,
PROVIDING CONNECTION AND
REDUCING FEELINGS OF ISOLATION**

40%

**HIGHER LIKELIHOOD OF
CONFLICT RESOLUTION SKILLS,
PREPARING ADOLESCENTS TO
HANDLE DISAGREEMENTS
CONSTRUCTIVELY**



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BROCHURES



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**SPORTS DURING
ADOLESCENCE OFFER
YOUNG PEOPLE
VALUABLE SOCIAL SKILLS
THAT SUPPORT THEIR
GROWTH. HERE ARE THE
MAIN SOCIAL BENEFITS,
SUPPORTED BY
EUROPEAN RESEARCH.**

SOCIAL BENEFITS OF SPORTS IN ADOLESCENCE



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IMPROVED COMMUNICATION SKILLS

TEAM SPORTS HELP ADOLESCENTS IMPROVE THEIR ABILITY TO EXPRESS IDEAS, LISTEN, AND ADAPT. RESEARCH FROM THE UNIVERSITY OF CAMBRIDGE SHOWS A 30% IMPROVEMENT IN COMMUNICATION SKILLS AMONG YOUNG ATHLETES.

GREATER SENSE OF BELONGING

BEING PART OF A TEAM PROVIDES A SENSE OF CONNECTION AND SUPPORT. STUDIES FROM THE EUROPEAN JOURNAL OF SOCIAL PSYCHOLOGY INDICATE THAT 60% OF YOUNG ATHLETES FEEL MORE CONNECTED AND LESS ISOLATED.

INCREASED EMPATHY AND EMOTIONAL INTELLIGENCE

SPORTS BUILD EMPATHY AND EMOTIONAL AWARENESS. RESEARCH FROM THE EUROPEAN PSYCHOLOGICAL ASSOCIATION SHOWS THAT 50% OF YOUNG ATHLETES DISPLAY HIGHER LEVELS OF EMOTIONAL INTELLIGENCE, IMPROVING THEIR UNDERSTANDING OF OTHERS.

ENHANCED TEAMWORK AND COLLABORATION

YOUNG ATHLETES DEVELOP TEAMWORK SKILLS, LEARNING ACCOUNTABILITY AND COOPERATION. ACCORDING TO THE EUROPEAN SPORTS RESEARCH COUNCIL, 70% OF YOUNG ATHLETES REPORT STRONGER TEAMWORK ABILITIES AND A BETTER UNDERSTANDING OF SHARED GOALS.

CONFLICT RESOLUTION SKILLS

SPORTS GIVE ADOLESCENTS THE CHANCE TO LEARN CONFLICT RESOLUTION, HELPING THEM HANDLE DISAGREEMENTS CONSTRUCTIVELY. YOUNG ATHLETES ARE 40% MORE LIKELY TO DEVELOP THESE SKILLS THAN NON-ATHLETES.*

SOURCES: EUROPEAN YOUTH AND SPORTS ASSOCIATION

ENCOURAGING SPORTS IN ADOLESCENCE FOSTERS ESSENTIAL SOCIAL SKILLS LIKE COMMUNICATION, EMPATHY, AND TEAMWORK. THESE BENEFITS EXTEND BEYOND SPORTS, PREPARING YOUNG PEOPLE FOR STRONG SOCIAL CONNECTIONS THROUGHOUT LIFE.



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**SPORTS ARE
FUNDAMENTAL TO
YOUNG PEOPLE'S
PSYCHOLOGICAL
WELL-BEING,
SUPPORTING EMOTIONAL
AND MENTAL
DEVELOPMENT DURING A
TIME OF GREAT CHANGE.
DISCOVER THE MAIN
BENEFITS, BACKED BY
EUROPEAN RESEARCH.**

PSYCHOLOGICAL BENEFITS OF SPORTS IN ADOLESCENCE



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REDUCTION OF STRESS AND ANXIETY

ADOLESCENTS WHO PLAY SPORTS EXPERIENCE A SIGNIFICANT REDUCTION IN STRESS AND ANXIETY DUE TO ENDORPHIN RELEASE. 70% OF ACTIVE YOUNG PEOPLE REPORT FEELING MORE RELAXED THAN THEIR SEDENTARY PEERS.*

SOURCES: STATE OF MIND, EUROPEAN JOURNAL OF SPORT SCIENCE

INCREASED SELF-ESTEEM AND CONFIDENCE

OVERCOMING SPORTS CHALLENGES HELPS BUILD SELF-ESTEEM. 80% OF YOUNG ATHLETES HAVE A MORE POSITIVE SELF-IMAGE COMPARED TO THOSE WHO DON'T PLAY SPORTS.*

SOURCES: UNIVERSITY OF PADUA

PREVENTION OF DEPRESSION

REGULAR SPORTS ACTIVITY REDUCES DEPRESSIVE SYMPTOMS BY UP TO 40%, HELPING YOUNG PEOPLE BETTER MANAGE EMOTIONS AND BUILD RESILIENCE.*

SOURCES: STATE OF MIND, AMERICAN PSYCHOLOGICAL ASSOCIATION

SOCIAL SKILLS

TEAM SPORTS IMPROVE COMMUNICATION AND COOPERATION. 72% OF ADOLESCENTS IN GROUP SPORTS DEVELOP ADVANCED SOCIAL SKILLS.*

SOURCES: ISS, UNIVERSITY OF CAMBRIDGE

DISCIPLINE AND RESILIENCE

SPORTS TEACH PERSEVERANCE AND THE ABILITY TO FACE CHALLENGES. 85% OF YOUNG ATHLETES DEVELOP GREATER RESILIENCE COMPARED TO INACTIVE PEERS.*

SOURCES: EUROPEAN JOURNAL OF SPORT SCIENCE

PROMOTING SPORTS IN ADOLESCENCE IS AN INVESTMENT IN YOUNG PEOPLE'S EMOTIONAL WELL-BEING. SPORTS OFFER NOT ONLY PHYSICAL HEALTH BUT ALSO A VALUABLE LIFE SCHOOL, HELPING YOUNG PEOPLE GROW AND BUILD A MORE SECURE AND STABLE FUTURE.



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SPORTS ARE ESSENTIAL NOT ONLY FOR MENTAL WELL-BEING BUT ALSO FOR THE PHYSICAL DEVELOPMENT OF YOUNG PEOPLE, BUILDING HABITS THAT LEAD TO A HEALTHIER LIFE. HERE ARE THE MAIN PHYSICAL BENEFITS OF SPORTS FOR ADOLESCENTS, BACKED BY SCIENTIFIC RESEARCH.

PHYSICAL BENEFITS OF SPORTS IN ADOLESCENCE



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IMPROVED CARDIOVASCULAR HEALTH

PLAYING SPORTS STRENGTHENS THE HEART AND IMPROVES BLOOD CIRCULATION, REDUCING CARDIOVASCULAR STRAIN. ACCORDING TO THE EUROPEAN HEART JOURNAL, ACTIVE ADOLESCENTS HAVE A 20% LOWER RISK OF DEVELOPING HEART ISSUES LATER IN LIFE.

STRONGER MUSCLES AND BONES

ADOLESCENCE IS A CRUCIAL TIME FOR BUILDING PHYSICAL STRENGTH. STUDIES SHOW THAT PHYSICAL ACTIVITY CAN INCREASE BONE DENSITY BY UP TO 40% AND BOOST MUSCLE DEVELOPMENT, REDUCING FUTURE RISKS OF FRACTURES AND OSTEOPOROSIS.*

SOURCES: NATIONAL INSTITUTES OF HEALTH

BETTER WEIGHT MANAGEMENT

YOUNG ATHLETES HAVE A 50% LOWER RISK OF OBESITY. REGULAR ACTIVITY BOOSTS METABOLISM AND HELPS MANAGE CALORIE BALANCE, REDUCING OBESITY-RELATED HEALTH RISKS.*

SOURCES: AMERICAN ACADEMY OF PEDIATRICS

STRONGER IMMUNE SYSTEM

REGULAR SPORTS ACTIVITY STRENGTHENS THE IMMUNE SYSTEM, REDUCING THE LIKELIHOOD OF FREQUENT ILLNESSES BY 30%. A HEALTHY IMMUNE SYSTEM HELPS ADOLESCENTS MAINTAIN BETTER SCHOOL ATTENDANCE AND PROMOTES OVERALL PHYSICAL RESILIENCE.*

SOURCES: NATIONAL INSTITUTES OF HEALTH

ENHANCED FLEXIBILITY AND COORDINATION

SPORTS IMPROVE FLEXIBILITY, BALANCE, AND COORDINATION IN ADOLESCENTS, HELPING PREVENT INJURIES AND SUPPORTING PROPER POSTURE AND MOTOR CONTROL.*

SOURCES: EUROPEAN JOURNAL OF SPORT SCIENCE

ENCOURAGING SPORTS DURING ADOLESCENCE PROMOTES HARMONIOUS PHYSICAL DEVELOPMENT AND HELPS PREVENT FUTURE HEALTH ISSUES. SPORTS ARE AN INVESTMENT IN A HEALTHY BODY AND OVERALL WELLNESS, GIVING YOUNG PEOPLE THE STRENGTH AND RESILIENCE THEY NEED TO FACE ADULTHOOD.



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