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Effects of Athletics on Youth Development

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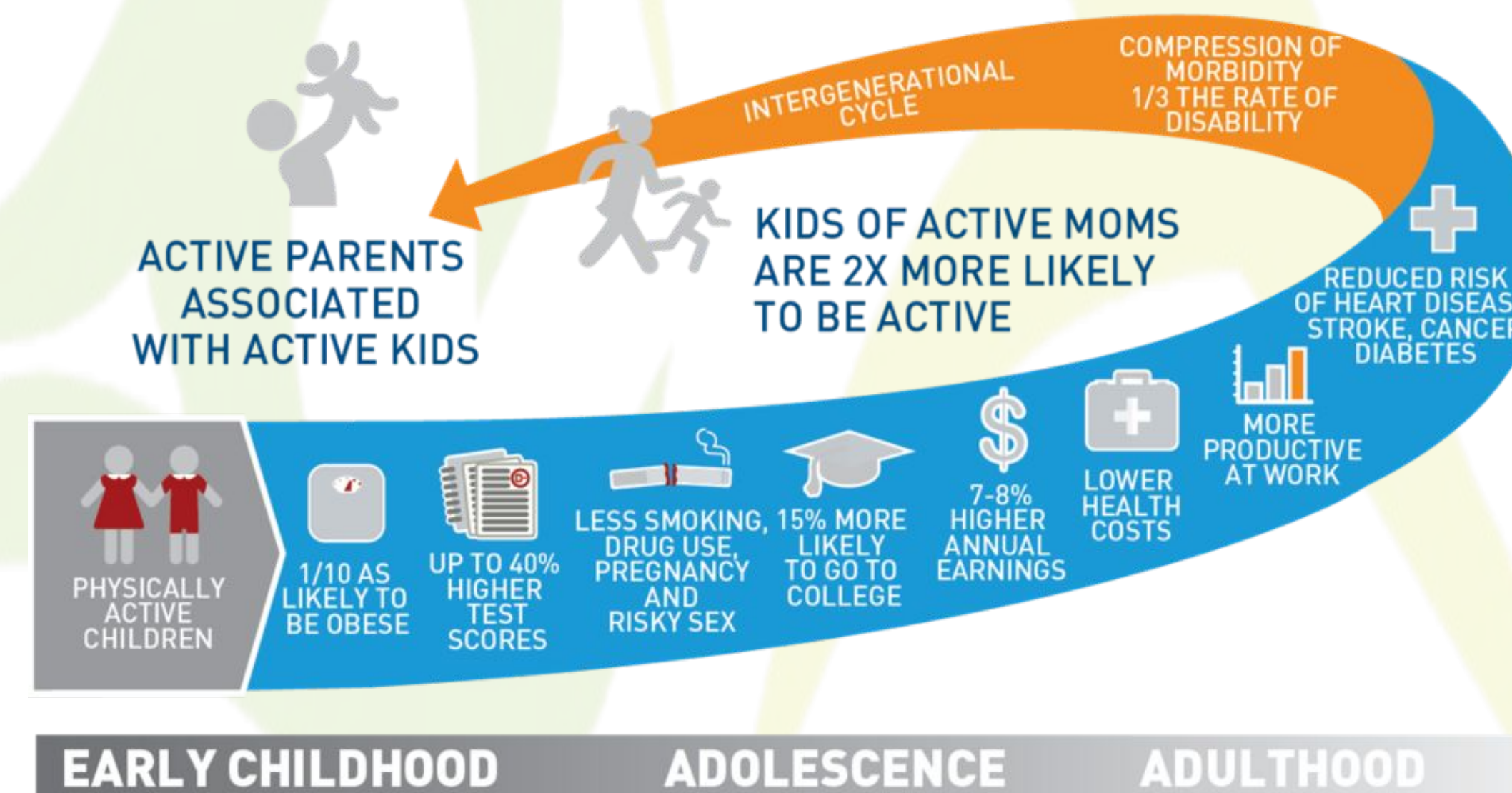
Abstract

Many new parents can be indecisive when it comes to allowing their kids to participate in sports. Allowing kids to take part in athletics can be very beneficial to their childhood but also as they grow and become young adults. But, youth sports can also have some negative effects.

Key Points

- Youth sports helps kids learn how to be healthy.
- Research shows that healthy habits tend to be carried into a child's teen years and adulthood.
- Lack of exercise is a main reason that so many kids are obese.
- Parents tend to shy away from letting their kids participate in sports because they fear their kids will get hurt.

ACTIVE KIDS DO BETTER IN LIFE WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS



Conclusion and Discussion

Although sports do have some disadvantages, the pros of youth athletics far outweigh the cons. Parents should allow their children to participate in athletics. Some long term benefits are healthier habits and reduced risk of obesity.

Future research on this topic is exploring if specific sports create a more constructive atmosphere that will lead to a healthier lifestyle.

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