THERE IS A GAP IN PARTICIPATION!

ONLY 8% of girls MET THE RECOMMENDATIONS of the Canadian Physical Activity Guidelines COMPARED TO 14% of boys.

FEMALES COMPRISE ONLY:

39% REGISTERED COMPETITORS
& 38% RECREATIONAL MEMBERS
OF SUMMER SPORT NATIONAL SPORT ORGANIZATIONS

5 YR, NEARLY ALL parents report their kids are very physically active

HEALTH BOOSTING FACTS

REGULAR PHYSICAL ACTIVITY HAS BEEN PROVEN TO HELP...

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:

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.

DID YOU KNOW...

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 to encourage them to share their support for women and girls in sport and physical activity.

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