

- **Importance of Sports**

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It's known that sports can be a big part of anyone's lives. But has enough thought been given in to consider the purpose of it? It's difficult to pinpoint the core reason, but there are three that can be agreed on: relationships, education, and health.

When playing sports, connections, relationships, and friendships with our peers can be built. We meet new people in the community of sports, bringing athletes together both on and off the field. The inclusive nature of sports also promotes social change and acceptance by acting as a platform for equal access and opportunity.

Sport and play provides education and learning opportunities by encouraging skill and personal development. Athletes learn how to perform better both individually and as teammates while coaches and administrators grow in the educational process with the athletes. In sports, there's room to learn for everyone.

Sports generate physical and mental energy that can be used to live a healthier lifestyle. Studies show that exercise has a positive influence in physical self-worth and self-perception, improving overall self-esteem. The health benefits of playing sports are weight management, controlled diabetes, lower cholesterol levels, improved blood circulation, and efficient functioning of the heart. Consistent exercise tones muscles and strengthen bones, helping our body function more efficiently.

Sport and play facilitates relationships, education, and health. Participation enhances social connection with other players, offers a chance to learn from personal mistakes and from fellow peers, and to improve mental and physical health.