Women's Sport-- Benefits to Mind and Body

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Overview

• Great strides in women’s sport in the past decade
• Benefits of sport on the body
• Benefits of sport on the mind
• Skills developed and applied to all aspects of life
• Success in new roles contributes to changing views of women in society, promoting further gender equality
Great strides in women’s sport in the past decade

• More women than ever are participating
• Starting young, becoming part of life from early age
• Increased opportunity
  – Professional sport
  – nontraditional sport
Increasing gender equality in sport

• Sponsors, endorsements
• More media coverage, press coverage--becoming very popular
• Performances improving
• Financial
  – Prize money equalizing
  – Earning higher paychecks, still not equal
Role Models

• Girls growing up seeing women in sport, training, competing and succeeding
• Team Sports--soccer, basketball, hockey
• Individual sports-- track and field, swimming, ice skating, tennis
• See sport as a way of life for women!
• Possibility for career in professional sport
Women athletes--more accepted

• It is now acceptable and for women to be athletes!!
• Acceptable for women to be strong and muscular
• Increasingly seen as beautiful
• Looked at as positive
Benefits of sport on the Body

• Health benefits in women similar to men
  – Undisputed benefits in Health Promotion/Disease prevention
  – lower blood pressure, fewer heart attacks, etc..

• Increased coordination, strength and agility

• Also benefits unique to women
  – Less Osteoporosis
  – Less Breast Cancer
Benefits of Sport on the Mind

- Improved Confidence
- Improved self-esteem
- Better body image
- Happier than non-active women
- Increased energy
- Stress relief
Additional benefits

- Take better care of self
  - better diet, healthier choices
  - less likely to smoke
  - more likely to obtain routine health maintenance
Other Benefits (Cont..)

• Women are still primarily responsible for household duties/ raising children
  – whole family eats better
  – children are raised in a healthy, active lifestyle
  – she is a very important role model

• Hobby, positive way to spend time

• Social contacts, friends made
Valuable skills learned

• Leadership
• Teamwork
• Confidence
• Pride in hard work and accomplishment
• Discipline
• Camaraderie
Skills learned

• Social skills
• Benefits of friendly competition
• Determination
• Dedication
• Focus and Concentration
• Physical skills are developed!!!
Skills applied to...

- ALL other aspects of life
  - Work/ business
  - Home/ Family
  - Military Service

- Expand horizons, set higher goals, try new things

- With success in new fields, more opportunity opens (a POSITIVE circle)
Results...

• Women are expanding horizons/setting higher goals, trying new things, new careers

• With their success, society’s views of women are changing--seen more as capable, strong and athletic

• More doors then open to women, a POSITIVE circle
Results (Cont..)

• Gender equality then increases across the board
  – athletics
  – military
  – business/civilian sector
Negative impact of sport on women’s health?? NO!

- Women more at risk for certain knee injuries than men
- Other sport injuries found at same rate as men
- Benefits FAR OUTWEIGH the risks
Goal, sport for all

• Regardless of age or gender
• Need to provide the opportunity for sport for all--then encourage and promote it
  – make it more user-friendly for women
  – still cultural challenges
• Women have come a long way, still have a long way to go