

# YOU SHOULD STAY!

SPORTS IN ADOLESCENCE

PHYSICAL  
PSYCHOLOGICAL  
SOCIAL

WELL-BEING

*Benefits*



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SPORTS IN ADOLESCENCE

**PHYSICAL WELL-BEING**

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1

DO YOU KNOW THAT... THANKS  
TO SPORT, YOUR BODY GROWS  
AND DEVELOPS HEALTHILY AND  
REGULARLY?



YOU SHOULD  
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SPORTS IN ADOLESCENCE

**PHYSICAL**

*Benefits*

**WELL-BEING**

2

DO YOU KNOW THAT... IF YOU  
PRACTICE SPORTS NOW, YOU  
WILL DEVELOP MUSCLE MEMORY  
AND YOU WILL BENEFIT FOR THE  
REST OF YOUR LIFE?



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SPORTS IN ADOLESCENCE

**PHYSICAL WELL-BEING**

*Benefits*

3

DO YOU KNOW THAT... SPORTS  
ACTIVITY SUPPORTS AND  
DEFENDS YOUR IMMUNE SYSTEM  
PREVENTING THE FLU?





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SPORTS IN ADOLESCENCE

**PSYCHOLOGICAL WELL-BEING**

*Benefits*

**1**

DO YOU KNOW THAT... SPORTS  
CAN RELIEVE TENSION AND  
STRESS CAUSED BY THE  
SCHOOL?



The background of the entire graphic is a photograph of two young women with dark hair, smiling and looking towards the right. They are positioned in front of a chain-link fence. The image has a red color overlay. The text is white and red.

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2

DO YOU KNOW THAT... THROUGH  
SPORTS, YOU CAN IMPROVE  
YOUR SELF-ESTEEM BY  
GETTING MORE IN TOUCH WITH  
YOUR BODY?





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SPORTS IN ADOLESCENCE

**PSYCHOLOGICAL WELL-BEING**

*Benefits*

**3**

DO YOU KNOW THAT... THROUGH  
SPORTS, YOU CAN LEARN WHAT  
YOUR LIMITS ARE AND HOW TO  
OVERCOME THEM?





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SPORTS IN ADOLESCENCE

**SOCIAL WELL-BEING**

*Benefits*

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**PHYSICAL WELL-BEING**  
*Benefits*

- DO YOU KNOW THAT... THANKS TO SPORT, YOUR BODY GROWS AND DEVELOPS HEALTHILY AND REGULARLY?
- DO YOU KNOW THAT... IF YOU START PLAYING SPORTS NOW, YOU WILL DEVELOP MUSCLE MEMORY THAT YOU WILL BENEFIT FOR THE REST OF YOUR LIFE.
- DO YOU KNOW THAT... SPORTS ACTIVITY SUPPORTS AND DEFENDS YOUR IMMUNE SYSTEM PREVENTING THE FLU.





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**PSYCHOLOGICAL WELL-BEING**  
*Benefits*

- **DO YOU KNOW THAT... SPORTS CAN RELIEVE TENSION AND STRESS CAUSED BY THE SCHOOL?**
- **DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN IMPROVE YOUR SELF-ESTEEM BY GETTING MORE IN TOUCH WITH YOUR BODY?**
- **DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN LEARN WHAT YOUR LIMITS ARE AND HOW TO OVERCOME THEM?**





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SPORTS IN ADOLESCENCE  
**SOCIAL WELL-BEING**  
*Benefits*

- DO YOU KNOW THAT... THROUGH SPORT, YOU CAN MAKE MANY NEW FRIENDS WITH THE SAME PASSION AS YOU?
- DO YOU KNOW THAT... THROUGH SPORT YOU CAN IMPROVE YOUR GENERAL ABILITY TO CONCENTRATE?
- DO YOU KNOW THAT... THROUGH SPORT YOU CAN LEARN THE VALUES OF HEALTHY COMPETITION, WHICH WILL BE HELPFUL IN ALL FUTURE ASPECTS OF YOUR LIFE?





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## SPORTS IN ADOLESCENCE PHYSICAL WELL-BEING *Benefits*

- DO YOU KNOW THAT... THANKS TO SPORT, YOUR BODY GROWS AND DEVELOPS HEALTHILY AND REGULARLY?
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- DO YOU KNOW THAT... SPORTS ACTIVITY SUPPORTS AND DEFENDS YOUR IMMUNE SYSTEM PREVENTING THE FLU.

## SPORTS IN ADOLESCENCE PSYCHOLOGICAL WELL-BEING *Benefits*

- DO YOU KNOW THAT... SPORTS CAN RELIEVE TENSION AND STRESS CAUSED BY THE SCHOOL?
- DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN IMPROVE YOUR SELF-ESTEEM BY GETTING MORE IN TOUCH WITH YOUR BODY?
- DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN LEARN WHAT YOUR LIMITS ARE AND HOW TO OVERCOME THEM?

## SPORTS IN ADOLESCENCE SOCIAL WELL-BEING *Benefits*

- DO YOU KNOW THAT... THROUGH SPORT, YOU CAN MAKE MANY NEW FRIENDS WITH THE SAME PASSION AS YOU?
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- DO YOU KNOW THAT... THROUGH SPORT YOU CAN LEARN THE VALUES OF HEALTHY COMPETITION, WHICH WILL BE HELPFUL IN ALL FUTURE ASPECTS OF YOUR LIFE?