Physical activity in adolescence is associated with lower risk of cardiovascular disease (Rangul et al., 2012).

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In children and adolescents, physical activity improves cardiometabolic health, including reducing blood pressure, increasing insulin sensitivity, and balancing dyslipidaemia (World Health Organization, 2021).

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In children and adolescents, physical activity improves physical fitness and adiposity (World Health Organization, 2021).

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Physical activity and specifically outdoor play were favourably associated with most sleep outcomes in toddlers and pre-schoolers (Janssen et al., 2020).

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Physical activity likely contributes to the improvement of the physical health of disabled children and disabled young people (Smith et al., 2022).

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Three quarters of parents of children 18 or under think that sport and play helps physical health. They also recognise the impact on their children’s fitness (72%) (Youth Sport Trust, 2022).

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In children and adolescents, physical activity improves bone health (World Health Organization, 2021).

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Physical activity benefits children’s brain structure (Donnelly et al., 2016).

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For more facts, please visit here to access the Youth Sport Trust’s Knowledge Bank.