

50 REASONS WHY PARENTS SHOULD ENCOURAGE THEIR CHILDREN TO PLAY SQUASH

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 INCREASE CONFIDENCE	BUILDS FRIENDSHIPS 	BUILDS CHARACTER 	IMPROVES SELF ESTEEM 	IMPROVES MEMORY 
REDUCES OBESITY 	DEVELOPS RESILIENCE 	TEACHES RESPECT 	IMPROVES MOOD 	DEVELOPS CREATIVITY 
REDUCES ANXIETY 	REDUCES STRESS 	REDUCES DEPRESSION 	TEACHES LIFE LESSONS 	PROMOTES FAIR PLAY 
IMPROVES BODY IMAGE 	BOOSTS BRAIN POWER 	DEVELOPS FOCUS 	IMPROVES ACADEMIC PERFORMANCE 	PROMOTES SOCIAL INTERACTION 
TEACHES LIFE LESSONS	IMPROVES BRAIN FUNCTIONING 	IMPROVES SLEEP 	IMPROVES DECISION MAKING 	DEVELOPS AUTONOMY 
DEVELOPES STRONGER BONES 	DEVELOPES STRONGER JOINTS	HELPS TO CONTROL WEIGHT 	INCREASES ENERGY LEVELS 	INCREASED ATTENTION 
IMPROVES QUALITY OF LIFE 	TEACHES CHILDREN ABOUT VALUES 	IMPROVES COGNITIVE FUNCTIONING	IMPROVES POSTURE 	BUILDS STRENGTH 
IMPROVES BLOOD FLOW 	IMPROVES FITNESS 	TEACHES TEAMWORK 	IMPROVES LEARNING 	IMPROVES FATIGUE
IMPROVES BREATHING 	HELPS CHILDREN LEARN FROM FAILURE 	IMPROVES REFLEXES	HELPS CHILDREN ACHIEVE GOALS 	HELPS DEVELOP COPING SKILLS
IMPROVES IMMUNE SYSTEM 	TEACHES CHILDREN ABOUT WINNING 	TEACHES CHILDREN ABOUT LOSING	HELPS CHILDREN EXPERIENCE SUCCESS 	CHILDREN HAVE FUN 