




50 REASONS WHY PARENTS SHOULD ENCOURAGE THEIR CHILDREN TO PLAY SQUASH

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 INCREASES 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
 DEVELOPS STRONGER BONES	DEVELOPS STRONGER JOINTS	 HELPS TO CONTROL WEIGHT	 INCREASES ENERGY LEVELS	 INCREASES 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