IS NETBALL GOOD FOR YOU? YOU BET!

By Veronica Miller

Everyone knows that playing sport is good for you physically. It gets you out of the house, and away from the screen-based activities – TVs, computers and video games – so prevalent with the youth of today.

But the immediate health benefits, while significant, might almost be outweighed by the long-term benefits playing a team sport like netball can have.

"A recent research summary report by the Women's Sports Foundation, an American organisation, and others" says NSW Swifts physiotherapist Sean Mungovan, "highlights that girls who are physically active, including those who play team sports have a reduced risk of obesity, diabetes, depression and low self-esteem. Significantly, in the long term, being physically active can reduce the risk of developing health problems further down the track including osteoporosis, breast cancer and heart disease."

If that wasn't enough food for thought, girls who play netball also tend to do better academically, are more likely to graduate from highschool, and have greater career success.

Netball teaches girls so much more than the sport itself. Being a member of a netball team teaches skills that the girls take with them into their wider worlds of school and work. Beyond the obvious team work, girls also learn to deal with adversity through loses or injuries, how to problem-solve more effectively, as well as how to push themselves to improve their skills. These skills are eagerly sought in the workplace, with many employers keen to hire people who have participated in team sports. (Making netball good for your bank balance too, if it helps you get that job!)

So, just in case you were wondering: netball really is good for you.

So what are you waiting for? Get out there and join in – your body and mind will thank you for it later.

Contact Netball NSW today for your nearest Association on 02 9646 5666 or visit www.netballnsw.com