



Key facts about...

physical health benefits of sport and physical activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

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

Click [here](#) for the full report.

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

Click [here](#) for the full report.

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

Click [here](#) for the full report.

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

Click [here](#) for the full report.

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

Click [here](#) for the full report.

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).

Click [here](#) for the full report.

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

Click [here](#) for the full report.

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

Click [here](#) for the full report.