

## **ORGANIZED SPORTS AND THE HEALTH OF CHILDREN AND YOUTH**

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Organized sport offers a range of benefits, including physical and mental health, to children and young people. However, opportunities for children engaged in sports are too small, especially for low-income children. Organized sport and the health of children and youth in various fields of research for children and physical movements in organized, school and local settings.

The country responds to the severe epidemic of childhood obesity and obesity and contributes to an increase in the number of children suffering from adult diseases. At the same time, many children are understandably embarrassed by reports concerning food, physical activity and body image. For example, children who want to decrease often ask less, because the message to be heard is “movement and food.”

The World Health Organization (WHO) considers sport to be important for the health and development of children, including prevention and maintenance of healthy weight. The study shows a positive link between youth participation in sports and knowledge of healthy eating and nutrition, compliance with directives on fruit and vegetable consumption, and compliance with recommended directives on physical activity.

Participating in post-school sports is an exceptional way for children to achieve the first of these goals by getting the work they need to stay healthy. Such positive behavior not only helps children live a healthier life: it saves money.

The increase in chronic childhood diseases and adults adds decades of additional cost and stress to the already expensive healthcare system and overcrowding. Involvement also has a significant impact on image, self-esteem, sense of superiority and other important social and emotional characteristics that contribute to the adaptation and well-being of young people. Other areas affected or growing in physical and mental health - such as: presence or absence of chronic diseases, long-term work for physical activity, reproductive health and sexual activity, dangerous behaviors as intake of substances and smoke, and time in prescriptive activity.

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