



## Getting Girls Active

Girls are significantly less active than boys. You have the opportunity to help girls and young women in your community open doors to a lifetime of physical activity and good health. Use some of the recommended book titles to initiate discussion and to inspire girls to read and get moving. This is your chance to make a difference and help get inactive girls active.

### “Girl Friendly” Books ♀

Throughout the booklist you will see the symbol ♀ which indicates a specific book is “girl friendly.” These books have been chosen because they portray positive female role models either real or fictional who young girls will admire. From going for gold at the Olympics to participating in games that are usually male dominated, these books introduce girls and young women to a range of physical activities engaged in by national heroines or girls just like themselves.

### How were the “Girl Friendly” Books Chosen for the Booklist?

Additional criteria were developed for screening books to be recommended as “girl friendly”. The committee looked for books that...

- contain positive messaging concerning girls
- address barriers to participation for girls
- focus on grades 6-8 (the time when there is a drop in participation by girls)
- promote participation and skill development

### Did you know...\*

- 64% of girls aged 12-19 are considered physically inactive, compared to 48% of males aged 12-19.
- At age 12 a girl’s involvement in physical activity declines steadily until only 11% are still active by age 16-17 years.
- If a girl does not participate in sport by the age of 10, there is only a 10% chance she will be physically active when she is 25.
- Regular physical activity can help girls build greater peak bone mass, thereby reducing adult risk of osteoporosis. Physical activity also reduces risk for developing other chronic diseases including type 2 diabetes and cardiovascular disease.
- Girls who play sports have higher levels of self-esteem and lower levels of depression than girls who do not play sports.

\*Source: On the Move Handbook, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), 2006.

