

Mayo Clinic Minute: What are the health benefits when kids play sports?

VIDEO	AUDIO
	There are the obvious physical benefits when kids play sports. It improves cardiovascular health and prevents obesity. But that's not all.
David Soma, M.D. Pediatric Sports Medicine Mayo Clinic	"There can be social benefits where you make friends. You have an opportunity to connect with other people."
	Dr. David Soma, a Mayo Clinic pediatric sports medicine specialist, says there also are emotional benefits.
	"You learn kind of, like, that teamwork piece or that perseverance — learning how to win, learning how to lose."
	He says a way to get your kids involved in sports is to start young by just getting them active and outdoors.
	"We live in a society where people want to stay inside and stare at screens. But get outside. Go for a bike ride as a family. Go for a run. Kick the ball around the yard. Throw the ball around the yard. Play tag. Just get them moving and seeing what they kind of like to do."
	And don't focus on just one individual sport, especially at a younger age.
	"There's really good evidence that you should not do that. It's best to have a kid in the elementary school-aged years really do multiple sports. Expose them to as many different things that they're interested in as possible."
	For the Mayo Clinic News Network, I'm Jason

	Howland.
--	----------