**HEALTH BENEFITS:**

- Improved muscle and bone growth and development
- Improved coordination and movement skills
- Improved sleeping patterns
- Reduced risk of unhealthy weight gain
- Reduced risk of developing type 2 diabetes and cardiovascular disease

**SOCIAL BENEFITS:**

- Improved cooperation, teamwork, and leadership skills
- Increased ability to develop friendships
- Reduced anti-social behavior, including aggressive and disruptive actions

**EMOTIONAL AND COGNITIVE BENEFITS:**

- Increased confidence, happiness, and self-esteem
- Improved concentration and management of anxiety and stress
- Increased motivation and organizational skills
- Improved learning outcomes