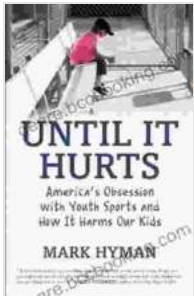


# America's Obsession with Youth Sports and How It Harms Our Kids



## Until It Hurts: America's Obsession with Youth Sports and How It Harms Our Kids by Mark Hyman

★★★★☆ 4.3 out of 5

Language : English  
File size : 390 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 161 pages



Youth sports are a staple of American culture. From Little League to Pop Warner, millions of kids participate in organized sports each year. But what many parents don't realize is that our obsession with youth sports is actually harming our kids.

## The Negative Effects of Youth Sports

- **Increased risk of injury.** Kids who play sports are more likely to suffer from injuries, including concussions, sprains, and fractures.
- **Burnout.** Many kids who play youth sports experience burnout, which can lead to physical, emotional, and mental problems.
- **Increased screen time.** Kids who play youth sports often spend less time on other activities, such as playing outdoors or reading. This can

lead to a number of health problems, including obesity, ADHD, and anxiety.

- **Social isolation.** Kids who play youth sports may have less time to spend with friends and family. This can lead to loneliness, isolation, and depression.
- **Missed opportunities.** Kids who play youth sports may miss out on other opportunities, such as academic enrichment programs or extracurricular activities.

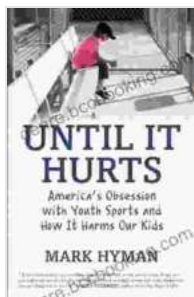
## **Solutions for Parents and Coaches**

If you're concerned about the negative effects of youth sports, there are a number of things you can do to help your child:

- **Set limits on screen time.** Make sure your child gets plenty of exercise, but also make sure they have time to relax and play.
- **Encourage your child to play a variety of sports.** This will help them avoid burnout and reduce their risk of injury.
- **Help your child find a team or coach that is a good fit.** A good team and coach will support your child's development and make sure they have a positive experience.
- **Talk to your child about the risks of youth sports.** Make sure they understand the importance of staying healthy and having fun.
- **Be a role model for your child.** Show your child that you value health and fitness, and that you have a balanced approach to life.

Youth sports can be a great way for kids to learn important life skills, such as teamwork, discipline, and perseverance. However, it's important to be aware of the negative effects of youth sports and to take steps to protect your child.

By following the Tipps above, you can help your child enjoy the benefits of youth sports without exposing them to the risks.



## Until It Hurts: America's Obsession with Youth Sports and How It Harms Our Kids by Mark Hyman

★★★★☆ 4.3 out of 5

Language : English  
File size : 390 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 161 pages

FREE

DOWNLOAD E-BOOK



## Unveiling the World of Tequila: A Collector's Guide to Tequila Aficionado Magazine April 2024

: Prepare to embark on a tantalizing journey into the extraordinary world of tequila with the highly anticipated April 2024 issue of Tequila Aficionado Magazine. This...



## **Hazel McCallion and the Development of Mississauga: A Transformative Journey**

: The Matriarch of Mississauga Hazel McCallion, affectionately known as "Hurricane Hazel" for her unwavering determination and leadership, served as the mayor of...