

NEWS

OF HEALTH

President Bush A Hit With Little League Baseball *Team Sports Is An Important Part Of Building A Child's Character*

(NAPSA)—Ever since President Taft threw out the first ball on Opening Day in 1910, baseball and the Presidency have had a deep mutual respect.

This year President Bush took this love affair one step further by inviting local Little League teams to play on the south lawn at the White House. The President is the first Little League alumnus to make it to the White House and hopes to increase children's participation in team sports. This is not only because playing on teams is fun but, as a recent national survey conducted by Russell Athletic showed, team sports are great for kids in many ways.

Team Work—Playing together teaches kids to do their best and to work together for the benefit of the entire team. They learn the importance of sticking to the rules and being mindful of other people.

Confidence—Child psychologists say that kids who play on teams learn to communicate and interact with others. Also, team players from the Major League are positive role models for kids and give them someone to look up to.

Healthy Living—30 percent of today's kids are obese. Playing on teams not only helps to maintain a healthy weight but, according to the survey, the majority of



respondents who had been active kids remain active as adults. This is in line with medical research, which proves that those who stay active are more likely to have healthy minds and bodies.

Motivation—The Russell Athletic survey showed that those who worked out with a group or a buddy are more likely to stick to their workout regime or sport. In the same way, kids who play on teams have others to motivate them and are more likely to have a 'can do' attitude.

One important element of enjoying team sports is a comfortable team uniform that everyone can be proud of. Russell Athletic suggests that wearing a team uniform helps kids feel part of their team and proud of their accomplishments. To learn more about uniforms and products, go to www.russellathletic.com or call 1-888-879-8992.