

SUPPORTING TEENAGE GIRLS TO BE ACTIVE IN THE 'NEW NORMAL'

Girls value physical activity more now and want to do more

BUT

They need support

52%

agree that doing physical activity and keeping fit is more important than ever



82%

will definitely / probably put more effort into being fit and active in the future



51%

are concerned they have lost their fitness

41%



have lost confidence in their sporting ability

45%

worry it will be hard to get back into the habit of sport and exercise after the pandemic



40%

are worried about being in large groups again