

# 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