If more women would play more sports

59% of Europeans never/seldom play sports (Eurobarometer, 2013).
7% of women are being active more than 5 times a week (Eurobarometer, 2013).

More women would have more power

Physical strength: Stronger muscles, better posture, less chronic pain.

Aerobic capacity: More endurance, less fatigue, less often being out of breath.


Mind: Better brain function, feelings of happiness, more optimism and hope.

Social skills: Deeper friendships and inspirations, less loneliness.

More women would also have more superpower

Standing up for ourselves: Saying no more often, confronting others, knowing our worth.

Taking over more leadership positions: 52% top female executives were college athletes (EY Women Athletes Business Network, espnW).

Camaraderie: Support each other rather than see other women as competition.

Together we would be more powerful

Improve women’s health worldwide.

Fight poverty & abuse.

Change politics.