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## THE IMPORTANT ROLE OF GYMNASTICS IN THE LIVES OF GIRLS

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### ABSTRACT

*This article identified the real reasons why you should enroll your daughter in gymnastics classes. The benefits of Gymnastics classes in girls life were discussed in this work. As far as I am concerned gymnastics is one way to help make that happen. I think the fact that it's largely a female sport, makes gyms an ideal place for little girls to start to learn self-confidence as they exercise their bodies. Children and adolescents between the age of 6 and 17 should get 60 minutes or more of physical activity a day. And as part of their 60 minutes of physical activity a day, they should include muscle and bone strengthening activities at least three days a week.*

**KEYWORDS:** *Flexibility, Physically And Mentally Healthy, Sports, Activities, Gymnastics Classes*

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