



Front



Back (12 reasons total)

1. Girls and women who play sports have a more positive body image than those who do not (Hausenblas, 1998).
  2. As little as 4 hours of exercise per week may reduce a teenage girl's risk of breast cancer by up to 60% (Journal of the National Cancer Institute, 1994)
  3. 82% of executive businesswomen played organized sports after grade school ("Girls Gain", 2003)
  4. High school girls who engage in interscholastic sports have higher odds of completing college than their non-athlete counterparts (Troutman & Dufur, 2007)
  5. Sport participation reduces the risk of degenerative osteoporosis (Warrington, 2008)
- .....

<b>ORDER SHEET</b>	XS	S	M	L	XL	XXL	Price	Total
Youth sizes – "Imagine it"					N/A	N/A	\$10	
Women's sizes – "Character"							\$12	
Women's sizes – "Quitting"							\$12	
Women's sizes – "Vision"							\$12	
Unisex sizes – "Vision"	N/A	N/A			N/A	N/A	\$12	
Unisex, LS, Female symbol	N/A					N/A	\$15	
Unisex, SS, "I support female"	N/A	N/A	N/A	N/A			\$5	

Payment options:

Cash  
 Checks: payable to SJFC-NGWSD  
 Venmo: @Emily-Dane-Staples

Distribution:

Pick up at SJFC – schedule by email at [ngwsd@sjfc.edu](mailto:ngwsd@sjfc.edu)  
 Shipping (add \$2 per shirt)

Remit payment and order form to:  
 Dr. Emily Dane-Staples, SJFC  
 NGWSD – t-shirts  
 3690 East Avenue  
 Rochester, NY 14618

If shipping requested, please send to: