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Eat Sweat Play: How Sport Can Change Our Lives



Synopsis

What does it mean to be a sporty woman in the 21st century? From the launch of Net-A-Porter, serving up sports clothing for fashionistas, to the introduction of #plankie as the new Instagram selfie for yoga bunnies, exercise for women has finally gone mainstream. But if sweating has never been so hot for female celebrities, then why are there still so many obstacles for girls and women when it comes to sport? Why do girls still hate school sports lessons? Why is sport consistently defined as male territory, with TV cameras replicating the male gaze as they search out the most beautiful women in the crowd? Will women ever flock to watch football, rugby and boxing in their millions? Or turn up to the park with friends for a Sunday morning kick about? How long do we have to wait to see the first multimillionaire female footballer or basketball player? *Eat Sweat Play* is an engaging and inspirational work by sports writer Anna Kessel.

Book Information

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Science) Why Would Anyone Do That?: Lifestyle Sport in the Twenty-First Century (Critical Issues in Sport and Society) Media Relations in Sport (Sport Management Library) The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness Colleges That Change Lives: 40 Schools That Will Change the Way You Think About Colleges Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change (Resources for Changing Lives) Be the Change! Change the World. Change Yourself. How to Win at the Sport of Business: If I Can Do It, You Can Do It Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever The Reason for Flowers: Their History, Culture, Biology, and How They Change Our Lives Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives Ultimate Drum Play-Along Led Zeppelin, Vol 1: Play Along with 8 Great-Sounding Tracks (Authentic Drum), Book & 2 CDs (Ultimate Play-Along)

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