

#### Rock climbing

 Rock climbing is a sport in which participants climb up, down or across natural rock formations or artificial <u>rock</u> walls.



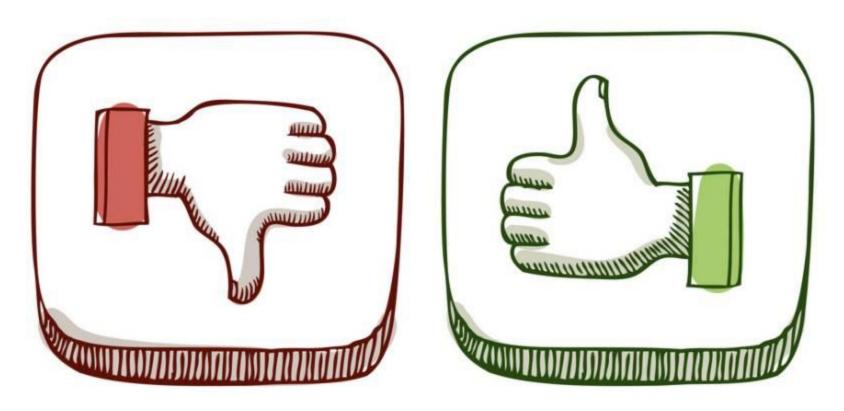
### health effects of rock climbing

 Rock climbing is an excellent form of active recreation, during which practically all the muscles of the body are strengthened.



#### minuses

 The main disadvantage is a serious load on the fingers and all tendons.



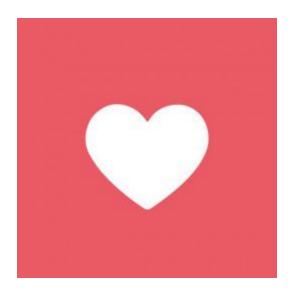
#### Rock climbing in Russian

there is a climbing federation in Russia



## why?

- I think mountain climbing is an interesting sport
- you can see beautiful views and have fun



# THANKYOU

For Your Attention!