

# **SPORT IN MY LIFE**

---

SPORT IS VERY IMPORTANT IN OUR LIFE. THE GENERAL BELIEF IS THAT A PERSON WHO GOES IN FOR SPORTS CAN'T BE WEAK AND ILL. PHYSICALLY INACTIVE PEOPLE GET OLD EARLIER THAN THOSE, WHO FIND TIME FOR SPORT ACTIVITY. AND OF COURSE GOOD HEALTH IS BETTER THAN GOOD MEDICINE.



PEOPLE ALL OVER THE WORLD ARE FOND OF SPORTS AND GAMES. IN OUR COUNTRY SPORT IS BEING WIDELY POPULARIZED AS WELL. THE MOST POPULAR KINDS OF SPORT ARE FOOTBALL, VOLLEYBALL, BASKETBALL, TENNIS, FIGURE-SKATING, AEROBICS, PING-PONG AND SWIMMING. A LOT OF PEOPLE ARE FOND OF JOGGING. IN SCHOOLS AND COLLEGES SPORT IS A COMPULSORY SUBJECT. MANY YOUNG PEOPLE ATTEND SPORT SECTIONS. SOME OF THEM DREAM TO BECOME PROFESSIONAL SPORTSMEN.



SPORT IN THE LIFE OF EACH ONE OF US PLAYS AN IMPORTANT ROLE. SPORTS HELP US TO SAVE NOT ONLY OUR FIGURE, BUT ALSO STRENGTHENS OUR HEALTH. SPORT - IS A CONSTANT MOVEMENT! AND AS WE ALL KNOW, THE MOVEMENT - THAT'S LIFE!

IN THE PROCESS OF PERFORMING VARIOUS PHYSICAL EXERCISES ON THE MUSCLES, MILLIONS OF NERVE IMPULSES SENT TO THE BRAIN, THEY CAUSE THE ENTIRE NERVOUS SYSTEM IN A STATE OF INCREASED ACTIVITY, IT CAUSES THE ACTIVATION OF THE INTERNAL ORGANS, INCREASES THE CAPACITY OF MAN, GIVES A BURST OF ENERGY.



**IN CONCLUSION I'D LIKE TO SAY THAT I'M ABSOLUTELY SURE THAT DOING SPORTS IS THE BEST WAY TO KEEP FIT. SPORT MAKES OUR BODIES STRONG, IT PREVENTS US FROM GETTING TOO FAT, AND MAKES US MORE SELF-ORGANIZED AND BETTER DISCIPLINED.**

---



***THE END***