

# SPORTS AS A HOBBY

What hobby do physically active people choose? Tennis, badminton, swimming, skiing, skating, different team games such as football, volleyball, basketball. If you prefer extreme sports, then you can try diving, surfing, mountain climbing, hang gliding, rope jumping, rafting.

Many people choose hobby for spending outdoors, such as walking, backpacking, camping, hiking, skateboarding. If you are animal lovers, then try horse riding, photo hunting, fishing. It is also popular to go to the gym doing aerobics, bodybuilding or yoga.

For those who like music and movement choose dancing: waltz, break dance, tango or rumba.



Tennis



Football



Skiing



Horse riding



Body building





Rope jumping /  
bungee jumping



# Rafting



Scuba diving



# Surfing



Mountain  
climbing



Snorkeling



Hang gliding



Backpacking / hiking





Camping

Physical hobbies have clear physiological benefits because they increase both your heart rate (*частота сердечных сокращений*) and brain function (*работа мозга*). Other benefits include building muscle (*наращивание мышц*), strengthening bones (*укрепление костей*), and an overall increase in energy (*общее увеличение энергии*).

Carving out time (*выделяя время*) for activities you enjoy is an easy way to improve your health and overall emotional well-being (*эмоциональное благополучие*). Hobbies decrease stress by relaxing you and taking your mind off the more pressing concerns of daily life like hard studying and work. They reduce stress and develop interpersonal skills (*навыки межличностного общения*). Hobbies are a great way to socialize and meet new friends.