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There is a popular opinion that doing sport helps people stay healthy and to live their life without diseases

At the same time we know from experience that sportsmen are not the healthiest people among others.

Personally, I strongly believe that going in for sport means living active and healthy life

To begin with, doing sport exercises regularly you can avoid heart problems

Secondly, sport exercises train our body and we can keep fit for many years without putting on weight

Finally, physical exercises, especially if you do them in the open air, helps you to avoid stress

However, some people think that serious sport is not as safe for health as one may think

Most kinds of sport are connected with traumas and injuries. Moreover, extreme types, such as rock climbing or parachuting can be followed by death

To my mind these people are wrong

You can get injured in everyday life, for example in a car accident. Furthermore, remembering about safety rules you can avoid any problems doing even dangerous sport.

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