A collection of sports equipment is arranged on a white background. A wooden baseball bat lies diagonally across the center. A tennis racket with a black frame and a grey and white checkered string is positioned behind the bat. A white baseball with red stitching is to the left of the bat. A yellow tennis ball is on the racket's strings. A black and white soccer ball is to the right of the bat. An orange basketball is to the right of the soccer ball. A pair of white sneakers with blue accents and white laces is in the bottom left corner. The text "Sport in my life" is written in blue, serif font, centered over the equipment.

Sport in my life

PLAIN

1. Importance of sport
2. Varied sport
3. My sport



IMPORTANCE OF SPORT

Sport is probably as old as the humanity itself. It has been developing with the developing and growth of the mankind.

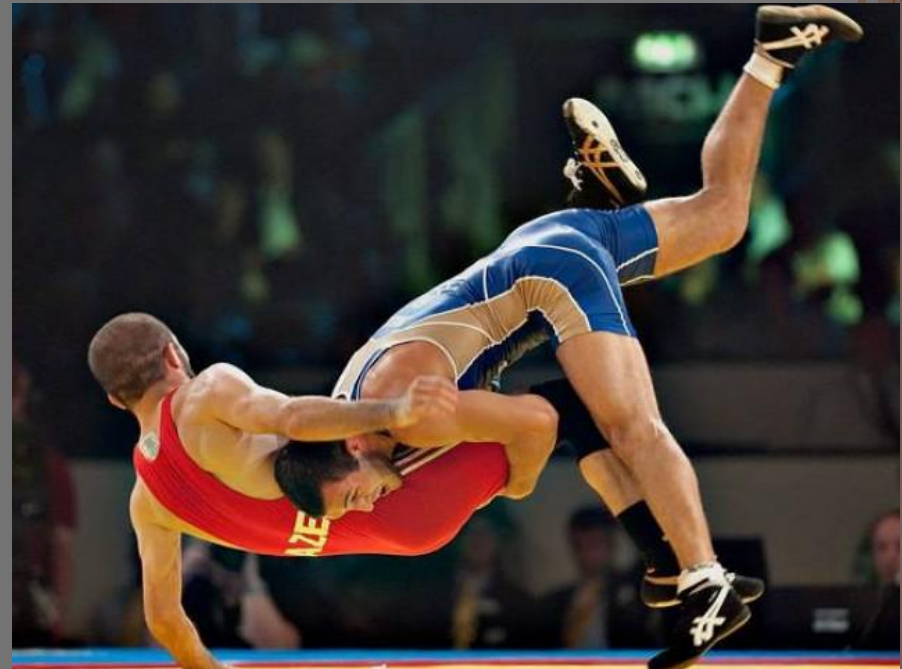


- To my mind we can hardly overestimate the meaning of sport in our life and day-to-day activities, because its main purpose is to bring up the harmoniously developed generation - the generation of strong and healthy people. Sport makes our bodies strong, quickens our reaction, and shapes the wits. It also helps to be self-organized and



VARIED SPORT

I'm sure you know an axiom: "Sport makes people healthy". No doubt, that's true, but we need to see the difference between the mass sport and high performance sport. Go in for sport at the professional level, you lose more health than gain, after exhausting daily training only take away you health, giving in return a good result.



MY SPORT

As for me, I'm fond of sports since childhood. But professionally engaged 6 years. My sport judo throughout six years.

And I would like to say thank you to the manager for all of the qualities that I got through judo. And if not coach I would not enrolled in physical uneverситет культуры

Sport - is life! And I recommend to all doing sports for your health.





THANK YOU FOR ATTENTION!

