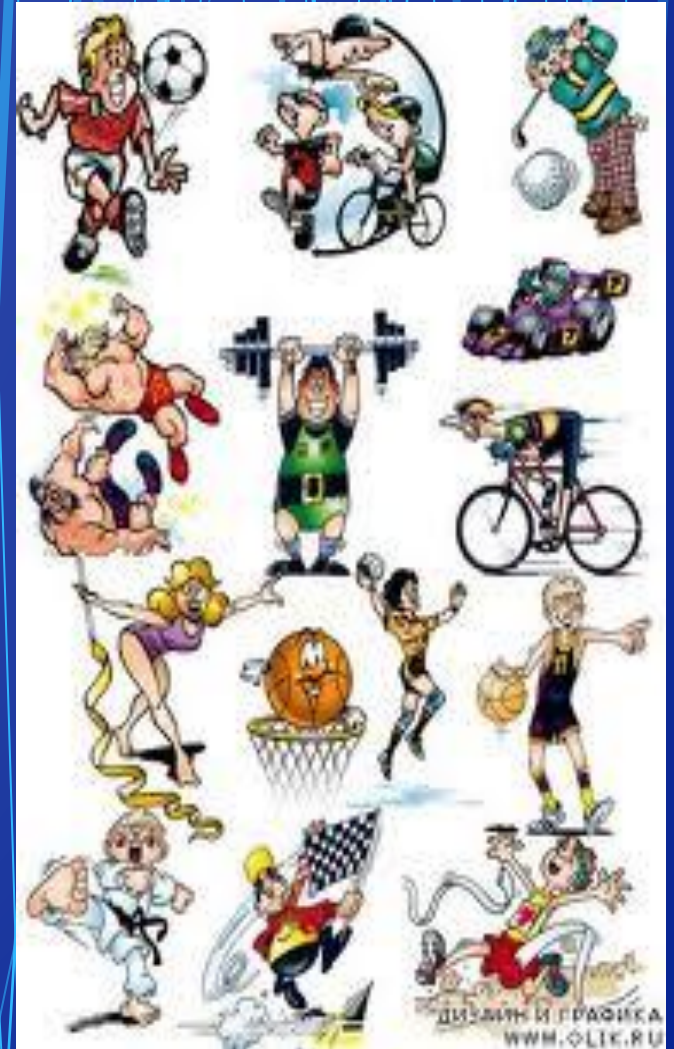


SPORT IN OUR LIFE



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OUTLINE

- WHAT IS A SPORT?
- WHY DO YOU EXERCISE REGULARLY?
- WHAT MAKES PEOPLE GO IN FOR SPORT?



Introduction



With the development of information technology, we began to give less and less time to sports. This affects our achievements, successes and our state of health.





SPORT

- Is life
- Get stronger
- Take part in competitions
- Play football
- Run through the streets
- Ride your bike
- Go swimming
- Don't be lazy
- Do exercises every day





WHY DO YOU EXERCISE REGULARLY?

- Become more confident
- Improve memory
- Get rid of stress
- Sleep better
- Be less likely to get sick



WHAT MAKES PEOPLE GO IN FOR SPORT?

- To keep fit
- To improve one's health
- To have fun
- To get the best of it
- To follow new trends
- To find new friend



CONCLUSION



Sport is a part of our daily life.

ANY QUESTIONS?



Thank you for attention!

