

Fitness



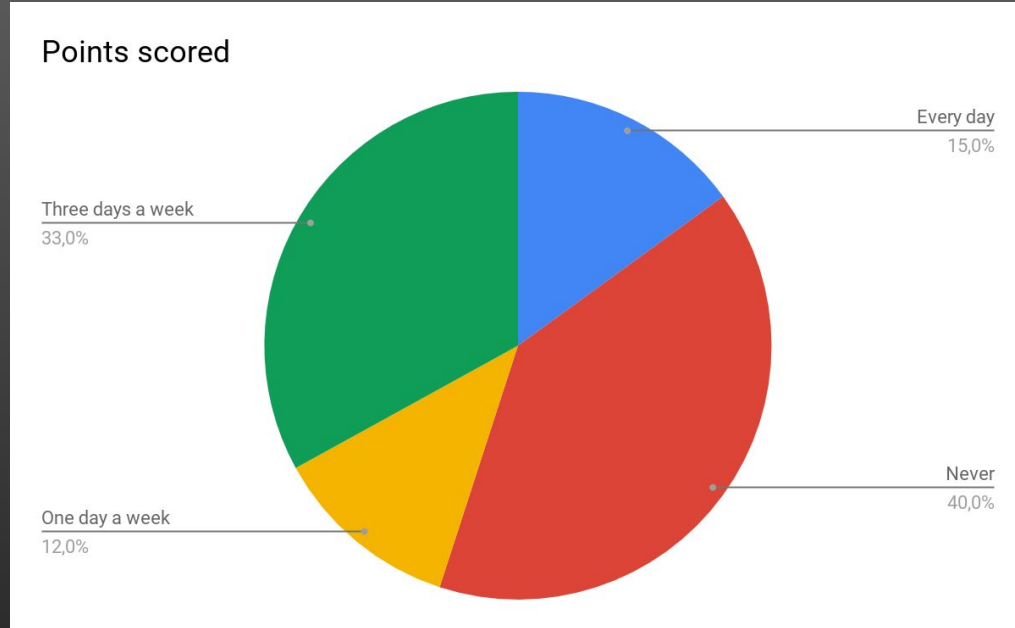
A sound mind in a sound body

Sports in our life



Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in clubs and different sections. Other people like sport too; they only watch sports game on TV and listen the sports news.

How do people like sport?



Children and grown-ups must take care of their health and do morning exercises regularly

Thank you for your attention!