

## ***Sport for all***

Sport is very good for people. It 's good for relaxing (physically and mentally), it 's healthy... Different sports are good for different things. For example swimming is good for both arms and legs, jogging is good for legs... There are two different groups of sports. In one group there are individual sports (running, jumping, swimming, ...) and in the other there are group sports (volley-ball, basket-ball, baseball). I 'll write about running.

Running is a sport which is especially good for people, who haven't got time for longer activities. Another advantage of running is that you can do it anywhere - in a park, on a playground... Running is good for your heart, unless you are running too hard. In that case it can be bad for your heart, especially if you haven't got enough condition.

The weak point of running is that you are training only legs. I recommend not to run quicker than it is good for you. If you work in your neighbourhood it is better to walk to your job.