

## **SPORT FOR ALL**

What is sport? Is it just Olympic games or world championships?

No. Olympic games and world championships are only the small parts of sport. Sport is a way of life. It can be a job. But mostly it is a hobby. Sport is good for physical and psychical condition. You can get relaxed when you're jogging through a beautiful silence of nature, far away from the city noise. With sport you can escape for a few moments out of this world and you can forget daily worries.

As you can see the sport has a lot of benefits. But some sports can be dangerous, too. You mustn't excecrate with it. But in normal pieces it's the best thing for your health without any drugs.

Some of sports are not too expensive. For jogging you need only trainers and a comfortable suit and a strong will. For the beginners I'd recommend 1-2 km per day. Every day you'll be able to run more. If you had a ball, you could do a lot of interesting sports. You could play a basketball or football. One of the most popular amateur sports is tennis. But you need a racket, balls and a partner as well.

As you see, the sport is very interesting thing to do. The sport is as well an opportunity to find new friends and the life is much more interesting.