

# Lets love sport

[Life](#), [Love](#)



Let's love sport As we know playing sport is a good habit that most of the people love it. What is the meaning of the sport? The answer is clear; sport means the regular movement of the limbs of the body in a proper manner. Every day we can encounter with people who play sport but how many percent of those people know the real effect of doing exercise in their body? Absolutely many of them seem not to know the effects. Actually many people don't realize the benefits and importance of sport. Sport especially your favorite sport gives lots of benefits.

The most important benefits of doing exercise on person are physical and psychological effect in a positive way. One of the most well-known positive effects of physical exercise on person is preventing disease. First of all, playing sport increases the immune system of a person. To illustrate, doing exercise helps body to improve white cells and it can defend various kind of microbes. According to scientists' researches, during playing sport body produces Endorphin which actually it pushes out the toxic materials and keeps the heat of the body in balance.

The other advantage of playing sport on individual physics is having better body shape. Throughout history, people can't give-up their interest in their body and also now many people love to have an attractive body shape and they do sport to be more fit. Naturally, by doing sport body automatically decrease amount of internal fat. Due to this fact, doing sport keeps our body in a good shape. Moreover, playing sports may increase the agility of the body. As an example, imagine that there is a car that hasn't worked for many years.

If you try to run the motor engine, it probably not work anymore since it has been rusted consequently the car engine may be broken down. People are similar to engines and motors. If they don't do sport, they will be forced to rust, in other words, the body's shape will decompose and the persons will lose their agility afterward they may encounter many problems during walking or running. In addition, playing sports balance person body's blood pressure and also help to control blood cholesterol level.

According to many researches which have been done by scientists, we can prove the importance of sport for our health because 70% middle aged people who didn't do sport in their youth are now faced with the serious problems such as hypertension and they may have difficulty in blood circulation furthermore they become tired easily in early ages due to the lack of doing exercise. The other benefit of doing sport is psychological effect on individual as it increases mental strength. First of all, playing sport increases motivation of individuals positively.

To illustrate this, doing sport effects on feeling of persons in a good way and of course they may feel reborn after finishing their exercise. By doing sport person ' stress will decrease and it may affect her/his job or university life positively. Furthermore, playing sport increase confidence of the person during working. A clear example is about me, sport changed my life positively and I can see good sides of life more than other sides. I started playing sport (KONG FU) when I was 5 years old.

I saw my motivation for doing my home works was higher than my classmates. I had more confidence during exam because I learnt via sport how I can control my mental power to decrease my stress during exams and

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how can I cope with problems easily. I could pay more effort to do my assignments more than other students and also my competitive spirit was stronger than others because of playing sport. As a result, that's why I can't give-up playing sport and I am still with sport. Secondly, doing sport is a good key factor in successful behavior change.

It teaches individuals to respect younger and older people. For example, persons who play martial arts such as JUDO or KARATE they can control their behavior in terrible condition, they don't get angry easily and most of time they are smiling and they never fight in a normal life except for essential condition because first step of the playing such sports is to learn to be patient. It shows that having good behavior can also be helpful to have good lifestyle and also can be effective to the behavior of the whole family members and close friends.

All in all, there are several advantages and benefits of playing sport within those one of them is physical and other is psychological benefit on individuals. As a result, all kind of sports are good if a person do it in a correct way. Having a regular physical exercise can ensure a healthy body which will lead to have a healthy life for individuals. And most famous and great persons encourage people to do sport. For example, ATATURK (the president of Turkey in 1923-1938) said that " healthy mind is in healthy body ". That means we need to do sport, we have to play sport . let's do sport and love it.