

# Compeitors in olympics



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Competitors in the Olympics are known to be strong, fearless, indestructible and passionate for the Olympics and the sport that they are competing against. The Olympics consist of a variety of sports that require competitors to be physically active but what these sports don't do is improve health or memory. A sport that is proven to improve health and memory, but not in the Olympics is thumb wrestling.

If competitors were as passionate for this sport like their own sport the world will have more educated healthier people. Thumb wrestling should become an Olympic sport because it's known to reduce chance of stroke, it gives people who are not physically in shape an opportunity to compete in the Olympics and it improves memory. Thumbs wrestling is known to reduce the chance of getting a stroke because finger movement experts in SST. Louis Bistro University proved that there is a main vein that leads from the thumb to the heart.

When the thumb is consistently being moved it causes this vein to function quicker moving the blood flow to the heart in a matter of seconds. Thumb wrestling reduces stroke because when competing blood rushes to the heart making the heart quicker and setting your body mode into thinking is younger. Thumb wrestling should become a sport because it also gives people who are not always physically active a chance to be in the Olympics and they will gain confidence and health.

A private school, Norte Main in Denver developed thumb wrestling as a sport and more than 45% of the students attended this sport and competed in actual completion. 85% of the students who were in thumb wrestling had

improved grades and gain confidence. This proves that thumb wrestling can benefit any type of person whether they are physically active or not. If this sport becomes in the Olympics then the world will have people with more confidence because they will have the opportunity to compete. Sports in the Olympics today are not known to improve memory