

# Sport and sport activities

[Health & Medicine](#), [Healthy Lifestyle](#)



Sports are now chosen by many people to get a healthy body in a natural way. Sports is an activity that aims to relax our muscles and organs so that they are more fit and fit. Exercise is good for health, so you are strongly encouraged to exercise at least twice a week. Exercise is also an activity that can burn fat effectively for those of you who are on a diet program. For those of you who have health problems also can still do sports to increase endurance of course with advice and instructions from the doctor. Some of the benefits of exercise for body health that you can feel include exercise can increase endurance, improve heart health, increase endurance and energy in the body. sports benefits

There are so many sports that can challenge us physically and mentally in playing them. Some sports activities that use tools such as badminton games and table tennis are known to have benefits for body endurance. Both sports include sports competed in national and international Olympics. This makes it a favorite game that many people play for their sports activities. In fact, many people play these two sports as effective stress relievers. Both have different advantages and techniques in playing it. Tennis and badminton games are able to test physical endurance in different aspects. badminton gameDifference in Badminton and Table Tennis GamesGames that can be played by two or more people are one of the most popular sports games in Indonesia.

The beginning of the game of badminton originated in Ancient Egypt about 2000 years ago. This sports game is now mushrooming all over the world and is a game that is often contested between countries. Indonesian badminton players also often score outstanding badminton players who have <https://assignbuster.com/sport-sport-activities/>

won matches at international level. Badminton games are games that are much faster than tennis, I think it's the fastest racquet game besides squash . Badminton also tests reflexes, stamina and fitness as a whole, so to do so requires excellent body condition. There is a bit of running ability and strength that will be tested, you will move quickly in a long time. In addition, timing and placement games are more valuable than relying on great strength. Even the fastest smashes can be easily returned if they are not placed correctly, but the most deft touch is needed right above the net to win points. Some rules in badminton games can be a challenge for you.

Badminton is more towards a comprehensive fitness package with more emphasis on speed of movement and recovery. To be able to play badminton well, you can learn tips on playing badminton so that the exercise you do has a good impact on your body's endurance. table tennis game Table tennis is one racquet sport that can also be played by two or more people. Table tennis sports , although slower but actually more physical drain. The game that uses the table as the match area requires the speed and accuracy of the racket to hold the ping pong ball from the opponent. Great strength is more important than badminton. But timing and placement are equally important. Because table tennis is naturally slower and draining the power of its players, powerful blows become more important. Because I have never played tennis, I cannot mention what physical aspects were tested, but I can guess that stamina, energy and timing have the same level of importance unlike badminton which tends to be more towards speed and endurance.

badminton Indonesia

While mentally, I think both sports have the same challenges. Each level of the game has its own challenges and pressures. In terms of concentration, badminton games will look more intense because you are needed to make decisions in a short time. It was shown from the duration of the match on badminton and table tennis. The average badminton match is half an hour while the average of the 3 sets will be 3 times longer. It's hard to say which is more challenging, basically the two sports are different and very difficult to compare. Both have their own challenges although not the same. Of course by playing badminton games or table tennis games will still make your body more fit and fit. This also applies to other types of sports where accuracy, durability, timing, and also strengths will differ from one another. That is the difference between badminton and table tennis in terms of physical and mental challenges. Both have their own challenges and advantages.