

Good example of essay on how sport is important in our life

[Health & Medicine](#), [Body](#)



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Humankind throughout its existence, has sought ways to promote health and prolong active life. There were tried countless ways to rejuvenate: spells and appeals to the gods, healing balms and elixirs of youth, turpentine and milk baths, procaine infusion transplant gonads of animals taken from the surface of the body of excessive static electricity on the other hand, the induced magnetic fields, etc. These searches are continuing today. But it has long been well known that a versatile and absolutely reliable way to promote health and increase longevity is sports, the method, requiring no expensive drugs and technical devices, but only the will and some effort on oneself. However, even these small sacrifices are needed only at first, and then overcoming physical exertion brings quite an unusual feeling of muscular joy, a sense of freshness, vitality, and wellness. It becomes necessary, because a victory over one's own inertia, physical inactivity or just laziness is always perceived as a success and enriches life and tempers will. Perhaps it is exercise that underlies the emergence of the life and civic engagement, which occurs in people involved in sports.

It has become commonplace to claim that modern civilization is a threat of inactivity to humanity, i. e. serious violations of the musculoskeletal system, circulatory, respiratory and digestive system related to limited physical activity. And indeed it is. Motor activity is an essential condition of normal life of people, and yet we are moving less and less: to and from work, we eat in public transport, most work with the introduction of scientific and technological revolution is less about physical work, at home we are also more sitting than moving. In short, lack of exercise starts really threatening everyone.

Is there a way out of this alarming situation? There is, and it is sport. It is hardly necessary to convince anyone of the benefits of sport. Everyone loves sport. But love to sport can be different. If you sit for hours in front of TV, watching with interest exciting games of hockey or figure skating competitions, the benefits for you from a love for the sport will be zero (Jay 18). No more use will bring you regular attending the stadiums and gyms where you hold a place in the stands among other fans, and worry about the sportsmen, knowing full well what would you do, if you were in their place, but doing absolutely nothing of what could bring real benefits to your health.

Everyone should go in for sports. Do not set a goal to necessarily break the world record. Set a more modest goal: to improve your health, regain strength and agility to be slim and attractive. To start this would be sufficient. If you still get a sports category or even win some competitions, get the title of Master of Sports – it will be great (Kramer 208). But it will be just fine, if you feel healthy, if you return the energy and vivacity of spirit, if

you have a natural need to move more, spend more time outdoors, etc. In addition, regular exercise helps women to better fulfill her motherhood mission designed her nature: to bear and nurture children, to educate and raise them. But please remember: exercise in sport must comply with not only your age, but also your health.

Sport should be a companion of every person throughout his life - the only way, in which sport can bring tangible benefits. Sports are supposed to be not only a faithful companion of every person, but also a reliable friend and ally. This friend will never let you down and help you for a long time to stay young and happy (Shulman and Bowen 108). And then, if you even far older, than your thirties, you will always be as old as you look.

Many physical disabilities and illnesses are treatable by sports. We should not forget that the majority of the time a person spends at work and, as a rule, in the room where the opportunities for a variety of movements are extremely limited. This causes a variety of stagnation in the body, leads to slower circulation, and can cause certain diseases. Do not take any sports exercises yourself, check with your doctor or physical education instructor, they will recommend you a set of exercises suitable for your body.

For those who spend most of their time sitting, there are recommended sports associated with staying in the open air, as well as cross-country skiing. For people who spend most of their time standing (e. g., hairdressers, dentists, teachers, representatives of other professions), fit swimming. Good sport helps people suffering from cardiovascular diseases. However, in this case, before you opt for a particular sport, you should consult with a cardiologist.

Movement is life! If you want to live - move! Indeed, for many years people are involved in sports, realizing all the benefits of physical activity. There are many benefits of going in for sports. To sum up, the main ones are as follows:

Excellent physical health

Constant sports provide muscle tone, increase endurance and strength, as well as contribute to the growth of immunity and well-coordinated work of the musculoskeletal system and cardiovascular system. And yet, 60 minutes of intensive training can burn 300 to 600 calories (Adams 139).

Figure

Through sport, your figure will not get any extra weight and obesity.

Especially this is a problem for those over 30. At this age, metabolism slows down and in case of having a sedentary lifestyle, you can quickly gain weight.

Discipline

Sports discipline person, instilling the responsibility and contribute to a more proactive stance.

Good mood

Sports is a great way to get rid of a bad mood, stress and to prevent depression. Daily physical activity is conducive to optimism and courage.

Communication

In training, we have the opportunity to learn about new and interesting people, make new friends. Moreover, going in for sport is much more

interesting and productive, because there is an incentive to competition (Wojtys 282).

Healthy sleep

Physical activity is quite useful for sleep problems. Sports is consuming a lot of energy in the body, relaxing the body recovers, respectively, your sleep will be long and strong.

Overall, sports is a great way to keep physical and mental health. No matter what sport you are doing, professional or an amateur, a fitness club or at home. The main desire is for a healthy lifestyle. Even if you do not have time for a class, you can at least on the weekends combine a family holiday and at the same time attach yourself and your families to the sport. It may be co-tennis, soccer, hiking, swimming pool, skating or bike tours.

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