

Essay on importance of legs

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The body of a human being runs as a system of different parts with each of the parts playing extremely crucial role in the running of the body. This means that each of the body parts is significant in the running of the body as a system. Each body part has some uniqueness of the services it proffers to the rest of the body. Failure of one of the body parts may be extremely difficult for the body to adapt. This is because, the body works with specialization and no part would conduct the duty of the other part.

However, this may be criticized by stating that legs are the best parts of the human body. Looking at the architect of human being who is God, he knew that the body of a human being will bear weight, and it will require an organ to support the weight. It is accordance to this that he created man with legs supporting the rest of the body (Kim, 2012).

Legs are well structures depending on the weight of the human being. This is to assist in bearing the massive weight that may be on the body. Legs are well designed with finders to allow easy movement free from accidents out of loss of grip (Kim, 2012).

Apart from supporting the rest of the body, legs assist in carrying the rest of the body from one place to another. Energy is imparted to the organ to allow it move from one place to the other (Kim, 2012). It is through legs that people manage to move from one place to another to chase opportunities. Therefore, legs are extremely relevant parts of the body.

Unlike other parts of the body, legs can play roles that are played by other parts. For example, in several instances people use legs like hands to handle objects as well as use them.

Although, other body parts are significant, legs may be classified as the most critical. However, the classification depends on the analysis of an individual on which organ is the most significant.

Work cited

\nKim, Paul. " Leg Extensions « Fitness Advice for the " Average Joe"." Fitness Advice for the " Average Joe". N. p., 16 Nov. 2012. Web. 8 Feb. 2013.

<http://paulkimtrainer.wordpress.com/tag/leg-extensions/>