

# [Short speech](https://assignbuster.com/short-speech/)

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How to be a Successful Sportsman Our government has always emphasized on the importance of sports. Our sportsmen have gone for overseas competitions. Sad to say, however, our athletes did not bring back any medals in the recently concluded World Olympics. To be a good sportsman, one must have balanced meals. It means that he should have a balanced diet of protein, carbohydrate and vitamins. He should not eat too much meat, neither should he eat too much fatty foods. Second, he must have enough sleep and rest. Eight hours of sleep per day is a must.

He should not over-strain himself. Listening tomusicis one good way of relaxing. Third, a good sportsman must have regular training. If he is not consistent, he is bound to be lag behind. This requires discipline on the part of the sportsman himself. One good reminder is 'come rain or shine, he must go to the field', and sweats it out. Finally, an excellent sportsman must have an excellent coach. A good coach will plan ahead for him and advise him on some strategic points and impart to him the required skill to excel.

So keep your finger crossed, sportsmen, you can still make it. (197 words) My best friend A best friend is the first person who comes in when, out of the door, the whole world has gone. A best friend is one who loves the truth and you, and will tell the truth in spite of you. There are lots of people who you makefriendshipwith, but it is very hard to find a true and honest friend. But I am very lucky that I have a best friend with whom I can share my feelings and divide grief with. His name is Thaqif. He is very friendly, and I am very happy to have him as my best friend.

He is very well respectful, hardworking, and an honest person. Thaqif has all those friendly habits that we seek in a friend such as friendly behavior and respectfulness. Finally, Thaqif is very honest friend. He is very well mannered and organized person. He loves the truth and hate lying. Beyond that if he make any mistakes, he tries to solve the mistake. In conclusion, Thaqif is very friendly and well organized person. He loves the people who speak truth and to be successful in life he is working very hard. And I am very happy to have him as my best friend! 206 words) ” How to Protect theEnvironment” Good evening sir and friends, I would like to talk about” How to Protect the Environment” First of all, each one of us can start by not littering. We should throw our rubbish into the rubbish bin instead of anywhere we like. Another way of protecting our environment is by keeping our rivers clean. We can play our role by not throwing rubbish into the rivers. Meanwhile the factories can stop dumping their toxic waste into them. Moreover, farmers should avoid open burning in their farming practice because it pollutes the air.

Finally, we can practice the 3R; Reuse, Reduce and Recycle. Every household should aim at reducing the amount of rubbish thrown. If " Reuse, Reduce and Recycle" are put into practice, the amount of rubbish thrown and the amount of energy used to produce some of the recyclable items can indeed be reduced. Clearly, each one of us can contribute towards the conservation of our environment and our efforts should be continuous. Protecting our environment means ensuring the existence of our future generation. With that, thank you. (176 words)