

SPORT AND HEALTH

Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They suffer from stress, noise and dust in big cities, illness and instability. A person should be strong and healthy in order to overcome all difficulties.

One of the first duties we owe to ourselves is to keep our bodies in perfect health. If your body suffers from any disorder, our mind suffers with it, and we are unable to make much progress in knowledge, and we are unfit to perform those duties, which are required of us in social life.

There are several laws of health which deserve particular attention and they are so simple that even a child can learn them.

1. All the powers - mental and bodily - are strengthened by use and weakened by disuse. Therefore keep your body in perfect condition: do morning gym, physical exercises, try to get to work on foot.
2. Eat and drink as much as it's enough. Overeating causes many dangerous diseases (болезнь). Make a balanced diet. The daily menu should include fruit and vegetables, milk, meat - they are rich in vitamins, fat, proteins and minerals. On the other hand modern diets are very popular especially among women. Diets may be harmful if they are used in the wrong way.
3. Organize your time for work and for the rest. It should be reasonable hours of labor, study and recreation, enough sleeping time (not less than 7 hours a day).
4. Get rid of harmful habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol ['æ] and drugs destroy both body and brain. Besides according to statistics most of crimes are done by people under the influence of drugs and alcohol. In addition it is recommended to watch TV less.

These tips lay the foundations for health.

Certainly it's hard to follow all these recommendations, but every person have to choose between healthy lifestyle and numerous illnesses.

In the last ten years recreational sport has become extremely popular. Thousands of people consider sports to be very helpful in gaining good health and bringing up physical strength. That's why every country pays much attention to develop sports. According to doctors, it is absolutely essential for a long and healthy life.

The reasons of this interest in sport are varied. When you ask people why they spend so much time, strength and money they will talk about the physical benefits (feeling fit, sleeping better, the chance of living a more active life), psychological benefits (self-discipline and respect, a sense of personal achievement, relaxation, getting rid of aggression), and the social advantages (meeting people with similar interests, the team spirit).

Of course, some people don't consider sport to be a hobby; it is an everyday work for them. Much is spoken now about problems in professional sport. There is a lot drug taking in sport. There is too much pressure on young sportsmen. Mountaineering and air sports each

kill at least [i] 16 people every year. Still many people are involved in professional sport as fans [æ]. They prefer watching sport events rather than taking part in them. They pack stadiums; they sit glued to the TV to give moral support to their favorite sportsmen or teams.

But thousands of people devote their spare time to going in for sports. They play indoor and outdoor games: volleyball, basketball, table tennis. Hockey, skating, figure skating, skiing [i:] are among the most popular winter sports. In summer swimming is enjoyed by millions of people. A lot of people go in for track-and-field athletics, boxing, gymnastics and so on. Cycling is a useful exercise, too, because it takes you out into the fresh air and gives much work to all the muscles.

So if you arrange your day correctly you can find an opportunity for sports.

Physical training is an essential part of young people's development. All pupils and students have regular training at PT lessons. These lessons are enjoyed by everybody as they give a lot of energy, develop muscles, make pupils strong, quick and healthy. From time to time different kinds of competitions are organized at school or between schools. Besides, pupils and students attend a lot of sports clubs and sports sections after classes or just do independently, where they take up their favorite kind of sport.

Indeed, sport is a part of everyday life all over the world. So if you think that physical fitness and health are important, you are to go in for sports.