

We live in a polluted world, that is why more and more people are concerned about their health and that is why more and more of them start going in for sports.

Sport plays an important role in people's life. It is popular among the young and the old people. Many people do morning exercises, go jogging and go to the gym. Others prefer watching sports games on TV and listening to sports news rather than going in for sports.

There are many kinds of sport in Russia. They are: football, hockey, skating and skiing. Russia is also known for its gymnasts, figure skaters and tennis players.

The British are known to be great sports-lovers, so when they are neither playing, nor watching games, they like to talk about them. Many of the games we play now have come from Britain. One of the most popular British games is cricket.

As for me, I do sport regularly but I am not a professional. My favorite sport is volleyball and I go to the stadium twice a week. It helps me feel fit and healthy.

But keeping fit doesn't mean only doing sport. It also includes the right way of eating. Nowadays it is very popular to go on a diet. On the one hand, it makes you feel better because you avoid eating fatty and unhealthy food. But on the other hand, some people start eating very little and they lose weight and do not look healthy at all.

You need to get all types of vitamins to keep your body healthy. You should eat fruit and vegetable because they contain a lot of important vitamins.

A lot of people like spending most of their spare time watching TV or working at computers. Such people ruin their eyes and their muscles do not work well. This way of life is not healthy. There are also bad habits that can damage your health. They are: smoking, drinking alcohol and taking drugs.

We should spend a lot of time in the fresh air. Especially children should spend about two or three hours a day in the fresh air. Fresh air is very important for good health. If we want to keep fit we should take regular exercises and take a cool or cold shower. The main rule is no smoking.

I try to lead a healthy life, because I like to feel fit and be happy.