SPORT IN EVERYDAY LIFE

People all over the world are fond of sports and games. Sport makes people healthy, keeps them fit, more organized and better disciplined. It unites people of different classes and nationalities.

Many people do sports on their personal initiative. They go in for skiing, skating, table tennis, swimming, volleyball, football, bodybuilding, etc. All necessary facilities are provided for them: stadiums, sport grounds, swimming pools, skating rinks, skiing stations, football fields. Sport is paid much attention to in our educational establishments. Gymnastics is a part of children's daily activity in the kindergartens. Physical culture is a compulsory subject at schools and colleges.

Professional sport is also paid much attention to in our republic. There are different sporting societies clubs and complexes. The most famous of them are the Olympic complexes "Luzhniki", "Dynamo" stadium, etc. They are used for international and world competitions.

Practically all kinds of sports are popular in our republic but football; gymnastics and tennis enjoy the greatest popularity.

Nowadays, sport is an important thing in the people's life. Some people prefer to watch different sports events, others choose to take part in the sport games. Millions watch them on television.
The most popular sports are football, hockey, basketball, tennis, and motor racing. Many people enjoy watching these competitions. World Football, Hockey and Basketball Championships attract people from all over the world. It is wonderful that television is bringing all kinds of sports to our homes. Sometimes I go to the stadium to watch a game, but more often I stay at home and watch matches on TV.

Sport is the best and the shortest way to get more healthy. Everyone should do all he can to stay healthy and choose the sport he is interested in. I do not understand people who say that they like sport, but they only watch sport on TV. Many people can play sport games and do it in local clubs and parks. Usually they play football, badminton, tennis.

Playing games has more advantages than watching sports competitions. And only the individual has the right to decide what is better for him.
Whoever goes in for sports he feels much better, looks much better, sleeps much better.