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| **Sports** |

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| **My favorite sport and the equipment I need** |

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| **Importance of sports** |

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| **Playing basketball** |

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| **Increase muscles** |

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| **Football and sport outfit** |

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| **Sport shoes** |

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| **Prevent diseases** |

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| **Reduce weight** |

Sports make our body healthy and strong. It is important for our heart to keep it strong. We can also increase our muscles. Many diseases can be prevented by sports. To keep our body fit and healthy we should do sports. It will reduce our body weight. We will also live along life . Sports improve breathing and prevent breathing problems. Sports prevent stress and be calm. People who can’t sleep well in the night can have good sleeping by doing sports. My favorite sport is football. Football makes me happy because I play it with my friends. To play it we need a football and a sport outfit. A good sport shoes are important to prevent falling. In conclusion, happy people always do sports.