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| **Difficulties of taking such a risk** |

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| **Why people push themselves to extreme limits** |

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| **Dangerous and harmful** |

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| **Happy to set foot on lands that no one has ever seen before** |

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| **Lack of safety equipment and systems** |

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| **May suffer from injuries** |

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| **Motivating and refreshing their senses** |

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| **Feel close to human perfection** |

Those who fear from adventure will generally avoid it. They will avoid it in driving a car or investing money. People who like extreme limits activities tend to it in all aspects of their lives. While adventure is a predominant feature of its owners. Young people are more likely to take risks than older people, and men are more likely than women. Those with more education tend to avoid the extreme limits. People who push themselves to extreme limits act as they motivated by the conviction that life favors the brave over the coward. They are happy to set foot on lands that no one has ever seen before. It is believed that extreme limits activities emerged as a response to the high level of safety in modern life. Technological advances helped in their emergence as well. Provide the required safety means. It was a way to search for excitement. Difficulty in extreme activities is one of the main motivating factors for athletes. It creates a burning desire to complete a successful attempt after several unsuccessful attempts. These dangerous activities refresh their senses. These activities make them feel close to human perfection. They think that they have reached the highest degree of harmony between their mind and body. Risky sports practitioners should not be considered irresponsible. They are not looking for death. They are trained to the highest level. They understand themselves very well, the activity they perform and the nature of the environment they are dealing with. Media coverage of extreme limits activities competitions and the celebration of their champions helped to increase these activities. As well as some of the films covered these activities helped to spread it around the world. Doing extreme activities has become a way to explore the limits and transcend ourselves when possible. It's a form of addiction that always leaves you searching for more. It create a new challenge for ourselves that makes us feel accomplished and thus feeling of self satisfaction and happiness. We must not forget the risks of this activities because we may suffer from injuries. They are not always safe and they may be Harmful. Sometimes there is a lack of safety equipment and systems. In conclusion, extreme limits activities break the boring daily routine for some people. Makes people more active and in life.