**Sport**

Our modern world makes (заставляет) a person be flexible and mobile, that’s why people should be healthy and fit. Sport makes us strong, quickens (ускоряет) our reaction, teaches us to win and to lose.

Sport helps us to have “А sound mind in a sound body” (в здоровом теле здоровый дух). Sport is an important part of a healthy way of life. It develop force/ strength, dexterity ([dek'sterətɪ] ловкость) and accuracy (точность). Doing sports helps preserve (сохранить) good physical health, develop a strong character, be better organized and disciplined and lower stress.

All kinds of sports are useful and healthy but it is not compulsory (необязательный) to go in for sports professionally. Doctors say that twenty minutes’ exercise three times a week is all you need to be fit. Regularly walking the dog around the block, raking leaves, going on short distances on foot, taking the stairs instead of elevators can be considered as exercising. The advantages of being fit are evident. Fitness reduces the risk of different diseases and illnesses, makes you feel healthier, more positive and optimistic, helps you to avoid obesity (ожирение) and gives you strength and energy so that you don’t get tired easily.

Sports are practiced indoors and outdoors. So there are indoor sports such as: boxing, wrestling, chess, basketball, swimming, ice skating. Outdoor sports are: skiing, football, sailing, athletics, tennis and others.  Some of sports and games may be more popular than others. The popular games are: basketball, football, hockey, tennis. The popular sports are: boxing, ski jumping, judo ['ʤuːdəu]. Less popular sports and games are: water polo, diving, archery, handball.

Professional sport is an exciting sphere of hard work and competition. Sport gives an opportunity (возможность) for people to express themselves. But sport is not just for participants (участники); it’s for spectators (зрители) too. Millions of people all over the world spend hours every week watching sports events on television, or at stadium. Of course, spectators particularly (особенно) enjoy watching international matches , contests and events such as the Olympic Games or the Football World Cup.

As for me I like doing and watching spots. My favourite sport is … . I think it’s quite appropriate (подходящий) for me and helps me to be fit and healthy.