SIGNIFICANCE OF SPORTS IN OUR LIFE

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Engaging in sports allows us to enjoy life and learn many things at the same time. It develops in us, team spirit, and shapes our body to make it strong and active. Not only that, studies show that some benefits of sports and exercise are decreased risk of diabetes, decreased risk of heart disease, reduced risk of colon cancer, reduced risk of breast cancer, and lower risk of dying because it improves our blood circulation which keeps us healthy and fit.

Sports give us energy, strength, and helps us maintain a balanced mentality amidst hopes and despair. It plays an important role in imparting values. Without sports, education is incomplete because it is an integral part of education. In sports, you will also develop your discipline, honesty, camaraderie, and a lot more good character.

Playing sports teaches us valuable life skills such as leadership and cooperation. All these and many more will surely help a person learn to work with others whether at home, at school, or on the job that will later help them succeed in life. With this, I encourage everyone to engage in sports and be more active as it will totally develop not only our physical but as well as our mental, emotional, and social well-being. Indeed, sports is one of mankind’s greatest gifts that we should all enjoy.

References:

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