

BENEFITS OF PLAYING BADMINTON

READ THE TEXT ON "TOP 15 BENEFITS OF PLAYING BADMINTON".

https://www.decathlon.com.hk/en/c/htc/badminton-top-15-health-benefits-of-playing-badminton_cf3e4d97-5f2e-4b26-a60f-09d4e070d9ca

THEN, MATCH THE MAIN IDEA TO ITS SUPPORTING DETAILS.

MAIN IDEA		SUPPORTING DETAILS
It boosts up the muscle strength making you strong and fit.		by practicing badminton as a daily sport our body reduces the stress hormones and boosts up the happy hormones leaving you happy and alive
Continues movements and hits in badminton strengthens your heart muscles		The natural sweating of our body burns up the calories and removes toxin inside out and hence helps in weight loss
The game of badminton is a healthy habit to ward off your stress hormones.		These quick reflexes enhance the way you think and live a daily life too.
The backhand smashing and forehand smashing needs high flexibility		It boosts up your core muscles, calves, quads and hamstrings.
Badminton is an active sport which sweats you out from tip to toe.		By making it a habit, our muscles would become flexible and strong.
Being a quick sport, it requires lightening reflexes from one to other both physically and mentally.		It decreases the cholesterol level and reduces the risk of heart attacks or strokes.

