

The Influence of Sports on a Healthy Lifestyle

Sports play an important role in people's physical and mental well-being. Many individuals exercise regularly because it helps them stay strong, improve their mood, and reduce stress. Some students join school teams, while others practice simple activities like running or stretching at home. Sports also bring people together, since teammates support each other and share common goals.

Different sports offer different benefits. Basketball improves coordination and teamwork, while swimming strengthens the whole body and increases endurance. Coaches train athletes, guide their routines, and motivate them during practice. Their dedication encourages students to build discipline and work harder every day.

Although sports provide many advantages, they do not replace academic responsibilities. Instead, they help students create healthier habits and manage stress more effectively. When balanced with schoolwork, sports contribute to a positive lifestyle and improve overall well-being.

MULTIPLE CHOICE (4 questions)

1. Why do many people exercise regularly?

- a) Because it increases stress
- b) Because it helps them stay strong and improve their mood
- c) Because it stops them from socializing
- d) Because it replaces academic work

2. What do students often do with sports?

- a) They only watch them on TV
- b) They join teams or practice simple exercises
- c) They avoid all physical activity
- d) They practice only when they are sick

3. What does the text say about coaches?

- a) They only supervise games
- b) They rarely help athletes
- c) They train, guide, and motivate students
- d) They do not play any role in sports

4. What is the main idea of the last paragraph?

- a) Sports replace school responsibilities
- b) Sports only help professional athletes
- c) Sports help create healthy habits when balanced with schoolwork
- d) Sports are harmful for students

TRUE / FALSE (3 statements)

- 5. Sports help students manage stress more effectively. ()
- 6. According to the text, sports eliminate the need for studying. ()
- 7. Coaches motivate athletes and help them improve. ()

MATCHING

- A. Coach
- B. Endurance
- C. Teamwork

- 1. The ability to work well with others toward a common goal.
- 2. Physical strength to continue an activity for a long time.
- 3. A person who trains and guides athletes.