

**PINCHA EL ICONO DEL MICRO Y REPITE LA FRASE HASTA QUE APAREZCA CORRECTAMENTE ESCRITA**

**Sports are committed to maintaining physical or mental fitness.**

**There are many types of exercise that can be practiced such as walking, riding, Swimming, or athletics.**

**These sports have many benefits on the human body and mind.**

**Sport make the body ideal, consistent, and healthy**

**Sports open appetite, increase weight for those who suffer from thinness.**

**One of the benefits of sport is that it stimulate the mind.**

**Every day sport becomes more important than ever.**

**Of course, we all notice the bad diet that many people follow now due to the lack of time.**

**Fast food has become one of the meals of our children as well as adults.**

**Of course, this diet leads to obesity and major health problems that make everyone suffer.**

**Therefore, providing a little time for sports on a daily basis will certainly help you**

**Exercise is one of the most important practices in our modern age.**

**I recommend doing it on a daily basis, at least 30 minutes a day.**