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

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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.

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