مقدمة موضوع انجليزي عن الرياضه

"Sport is life" is not only a saying, but rather a fact and reality. In its practice there is a lot of comfort, pleasure and activity, and it is necessary for young and old of all ages, and it is very important to get used to it on a daily basis because of the benefits and health it brings to the body.

موضوع انجليزي عن الرياضه

The practice of exercise by a person on a daily basis is one of the simplest ways to prevent diseases. It is possible that sports can help stimulate blood circulation, increase physical and psychological health, improve muscle mass, and reduce physical obesity. Sports is not just a hobby practiced by some, on the contrary, it has many The benefits accruing to the person practicing it.

فوائد الرياضه

Sport has many mental, psychological and physical health benefits, some of which are mentioned below:

- Sport helps maintain a healthy and ideal weight.
- Sports reduce stress and depression
- Sport improves mood and boosts self-confidence.
- Sports help improve concentration, especially among students.
- Exercising daily improves sleep habits.

أهمية الرياضه

The importance of sport lies in the fact that it is one of the ways through which a person can maintain the integrity of his body and mind, free from diseases. Sport is necessary for the body, such as its intense need for food and water.

انواع الرياضة

- Walking
- swimming
- Cycling

- Climbing
  - chess
  - soccer
- Team sports

خاتمة موضوع انجليزي عن الرياضه

The importance of sport is that it maintains the general health of a person, although there are some risks in some of them, but in general it is useful and enjoyable, and caution must be exercised when practicing it.