**Week 7 – Paragraph Practice**

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Badminton is the best sport for someone to practice. As a sport, badminton can not only help players’ keep healthy but also strengthen the players’ body. As the fastest sport, badminton can train the players’ reaction ability and effectively prevent players from suffering from Alzheimer's disease. Badminton is a very effective fat loss exercise. In the process of exercise, athletes need to use both hands and feet to continuously perform rapid and short-term movements which cost massively energy, so badminton can effectively help someone lose body fat quickly. Badminton can also help someone make friends. Players help each other and progress together. Therefore, badminton rocks.