**Extreme sports**

Sport has always played a very important role in people's lives. It is common knowledge that doing sport helps people to keep fit and stay healthy. In the modern world a lot of fitness centers are available to the general public. Different kinds of sport such as team and individual ones are in high demand. The most popular sports here in Russia are hockey, skiing, skating and figure skating. It happens so due to climatic features of our country. In Great Britain the most popular ones are cricket and rowing.

But recently people have started participating in so-called extreme sports such as parachuting, sky diving, paragliding and many many more. I suppose they gain popularity due to the fact that many modern people try to escape from the reality, recharge their batteries or go in for doing something new.

A lot of people find extreme sports risky activities, because doing them people can be badly injured or even die.

But I strongly disagree with this point of view. Nowadays owing to modern equipment people can avoid many risks. Moreover, doing more common sports, for example, running a race or playing hockey, people can also be injured, because it is impossible to take into account all precautions.

So, if people want to try something unusual and challenging, extreme sports are for them.