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Life can be full of adrenaline. You can play sports, like basket bal and volleyball, and you will only get minimal injuries. But what if you want something more exciting, more life-threatening? Let me introduce you to extreme sports. Now, only common knowledge I know on the matter is that it is very dangerous, as it can lead to some serious injury, both mental and physical, and maybe even fatal injuries, which can entrail to death. I personally have not done any extreme sports, but I have considered trying to do parachuting, rock climbing, and bungee jumping. And truth be told, I wasn’t fully aware of the dangers that lie in these dangerous activities. Things I have learned about extreme sports is that they are very horrifying to be caught in a rough predicament. For example, a documentary I found on YouTube talked about the Nutty Putty cave incident, a very known case of a man known who met his demise while performing an extreme sport: spelunking, an activity where you explore caves.

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Football, mixed martial arts, and bodybuilding. Whether theses activities are extreme sports are up for debate. This is more talked about in an article from *The Washington Post*, with the title *Why is America addicted to this violent and brutal game?* Karen Attiah, the author, talks about the Bugallo Bills and the Cincinnati Bengals game, where Bengals’ Damar Hamlin had gotten into cardiac arrest. Attiah then states that it was “a stark reminder of football’s brutality”. She also states that while 70% of football athletes are black, the NHL refused financial support after retirement. She then gives suggestions on how to reduce the severity of the sport. In the same article she talks about mixed marital arts (mma in short). She says that while she loves watching the sport, she does not like the instructional organizations for a number of reasons: Female fighters don’t get as much compared to their male counterparts, and how UFC President Dana White assaulted his wife at a nightclub in Cabo San Lucas. Attiah later says that it is okay to love a sport while also disliking the institutions that organize the sport. She also mentions bodybuilding, where she attempts to bring to light the dark secrets in this endeavor: the use of steroids, dangerous diets, etc. She also states that “Men and women are putting their health and longevity on the line to chase a winning physique”.