

**Time spent in an English-speaking country:** X

**Age:** 19

**Semester:** 3

**Faculty:** Human Sciences

**Topic:** Sport

**Original Text:**

**Title:** Sports

Sports are important part of our life, are useful for our physical and emotional and mental health, So is nessessry to make sports part of our daily routine.

We can improve our phisical health by exersise everyday at least by walking one hour every morning or ride bysical, they are very interesting sports and very easy, then you can do them every day

One of the exersize that helps you to keep your mental health and emotional health good is yoga it well sport which makes you more relaxed and it helps you clean your mental from the confusion and life problems, there is another sport will makes y to be happy which is done

therefore, keep and cotinue to do sport for your health and your happiness