Did you know soccer has saved many national soccer players lifes? it is not just a sport it can have a huge impact on your mental and physical health. Today i will be showing the ways soccer can help with your health physically and mentally

STRENGTHENING MUSCLES

When you kick the ball you use quads,hamstrings,and glutes working these areas to strengthen and tone your muscles including your arms,chest and shoulder muscles its like a full body workout in on practice or game and you don't even know it and on top of getting a full body workout you are having fun at the same time.

REDUCE ANXIETY

Soccer can increase your skills in concentration persistence and self disciple is a great way to meet other people and exercising with other people you can connect with them better and become friends this can increase your confidence and self esteem and help reduce your anxiety because you have more friends that you feel comfortable with and connect with

HELP WITH BODY FAT

Soccer builds more muscle mass and burns more fat by recruiting both slow twitch and fast twitch muscle fibers in general. Soccer burns more fat than typical workouts and it is so much funner and you will feel more attached and wanting to do it more and feel passionate about what you are doing on top of that.

Well those are all the ways soccer can be good for your physical and mental health and be super fun while helping you!