Sports

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Sports are especially important for many reasons like health, exercise, and entertainment. There are many sports you can play. For Instance, football, baseball, basketball, lacrosse, and soccer. Sports can have many benefits in life for health reasons, exercise, and fun.

To start off, sports can help with health for many reasons.

One reason it can help with health is because if you do not do anything then you cannot burn calories and if you cannot burn calories, you cannot be healthy which can make you obese or overweight.

Another reason that sports help with health is because you are always moving, which is particularly important for your body to help your muscles and body get stronger and more used to moving. Your bones can also get stronger if you play sports because you can get hurt or bruised which makes your bones less fragile, so you do not break your bones as often.

Sports are always especially important for your health when you move around, burn calories, and even get injured.