Homework 4

My favourite physical activity

Physical activity is of crucial importance for all of us because it helps us to stay healthy and in good shape physically and mentally. We live in a time where the majority of people are not physically active and they have various health issues because of it. I have been physically active since I was little and I am trying to stay active as long as I can.

I was training basketball from the age of ten and basketball is my favourite sport. Basketball taught me a lot. In the first of many lessons, I learnt about the importance of the team and how to be a team player, although at times and in certain situations you must be selfish while playing if you want to be noticed. In basketball, you must give your best because someone else always waits for the opportunity to show what he can do. I learnt how to motivate myself to be better and to get along well in different situations. Through basketball I was able to visit a lot of cities in Serbia and to participate in many tournaments. I met a lot of friends and people who had a big influence on my life while playing basketball. Unfortunately, I stopped playing basketball three years ago because it became time consuming.

Although I stopped playing basketball, I didn't stop being physically active. I have a new way of keeping myself healthy and strong. I’ve started doing different types of exercises like cardio training. I am trying to stay fit because of this situation in which I spend a lot of time at home sitting in a chair for hours. Whenever I can, I play some other sport with my friends, take my dog for long walks or ride a bicycle.

To conclude, there are so many good reasons why people should be physically active. I suggest everyone be active whenever they can because you are as young as you feel young.