Project “Sport Playgrounds”

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&

А как правильно то имя твое?

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# Purpose

Why does a person need to move?

Modern people moves a little. We sit for a long time at the computer, at the TV and in the transport. We read and write a lot. Meanwhile, a person must actively move at least two hours a day!

Motion:

* stimulates the work of the whole organism
* trains muscles, heart and blood vessels, supports posture
* provides oxygen supply to tissues
* activates the body's defences

Lack of motor activity is one of the most common causes of diseases.

Why do we need sports grounds?

Sports grounds help:

* be healthy to develop speed, strength, endurance, agility
* to lead a healthy lifestyle, to give up harmful habits
* useful to spend your free time
* find friends and rally team
* become more socialised
* come into big sport

# Budget