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"To be mentally healthy, you need to shake yourself up physically"

*L.N. Tolstoy.*

*Several years ago, when I participated in the All-Russian speed skating competition in Kolomna, this quote hung on one of the walls.*

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Sport is very important in our life. In a word, it helps to think soundly and, as a plus, helps to keep oneself in good physical shape. Unfortunately, many young people do not want to waste their time on sports but spend it on bad habits. In our time, the popularity of sports is falling, its analogs have appeared on the Internet. Watching videos, playing computer games, and many online platforms also give you a break from your thoughts.

Let's see how popular some of the sports are at Market Street. The graph compares data for 2013 and 2015 for children aged 14 and over who play sports at least once a week.

Let's get comparable overall athletic performance. It was 28%, now 31%. The figure has changed slightly, which means that the popularity of these sports is about the same.

Cycling has become a little more popular. Perhaps this is because, in our time, care for the environment is mainstream. And the view itself is quite simple, no serious preparation and special equipment are required, only a bicycle.

The percentage of people involved in snowboarding has fallen. Perhaps this is since this is an extreme sport. That requires accuracy, lot of special equipment, which is not entirely cheap. Also, you need to go to the mountains, where you have to pay for food, a lift, etc.

Handball is in the lead. The number of participants has doubled. Maybe more people focused on handball after the local teams won the games.

I was surprised when I saw such statistics, I have never heard so many people play handball in England. Oddly enough, these statistics do not include football, because England is where football was born and people adore it. I think everyone knows how emotional the fans are at the match.

Based on these data alone, it is rather difficult to determine the popularity of various sports. This is data from only one source, we do not know how correct this information is. Moreover, different sports are popular at different times. The main thing is that the sport you choose is enjoyable.

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