## **Why should you be doing sports?**

Have you ever struggled to meet deadlines or failed to meet an appointment because you just did not have the motivation for it? Have you ever sat at home and postponed your work instead of being productive? Well, that might be because you do not have any daily routine in your life, but what does that actually mean? Let us take a look at these topics and find out about the benefits of sports.

**The impact of routines**

First of all, we have to understand why it is important to do something on a regular basis. In general, it is known that many people and especially students struggle to meet deadlines or postpone their work, which is obviously not good. In order to counteract that, any PE teacher will advise you to implement a hobby into your daily life which gives you sort of a regular appointment that you have to attend every week. The idea behind that is that if you do something constantly, you will get used to meeting appointments. Therefore, it will get easier for you to observe deadlines, for example in school.

Wolfgang Fejan, PE teacher at the IT department of the TGM says that it is very difficult for humans to get out of their comfort zone once they are in there. One way to achieve this is by doing for example sport. Also, he says that it is important to find the right balance between exercising for power and cardio. Furthermore, he states that there are many students in his school who do not workout at all outside the one PE-lesson that is mandatory in a week, which he does not like at all. His advice for those is to do sport every day but because that is nearly impossible, he says one should start slowly and higher the intensity over time. The hardest part when getting into that routine is to have the mental strength to push through for years.

So now we know how and especially why it is that important to do something regularly. But you might ask yourself what you can do to implement that regularity in your life. Well that’s where sport comes in handy.

**Getting physical**

Obviously, there is no downside if you for example play the guitar or take singing classes every week. However, there is a difference whether you will be doing that or sports. An advantage of sports is that you exercise and push your body to the limit which is exhausting but in a positive way. Imagine being at home, work or in school and sitting for 5 days every week and every hour: you will get stiff, you might even lose muscle mass, you might get depressed, you will lose your motivation. Thus, it is perfectly clear that for health reasons you need to get out of that vicious cycle and in order to do that you are recommended to do sports – by doctors, scientists and psychotherapists. It will give you an alternative to your daily routine, which is also beneficial for your body. You need to work your body to prevent different kinds of illnesses and also bad moods for example.

**Mental health benefits**

According to [German researchers](https://rp-online.de/leben/gesundheit/fitness/was-sport-fuer-jugendliche-wichtig-macht_aid-13260809) sports do not only have a positive impact on your physical health, but also on your mental health: people who exercise regularly and commit themselves to the things they love doing have more self-confidence and believe in themselves.

**Pick and choose what suits best**

The question remaining is: What sport should you do and what does suit you best?

If you are kind of a guy who likes to talk a lot and be in the company of other people you should play for example football, volleyball, basketball or any other kind of team sport. Apart from that, there is the possibility to play tennis, go swimming, or dancing. On the one hand team sports are beneficial to your cooperation skills but on the other hand you might not be able to get a clear head because you will have to interact with your teammates all the time.

So, it does really depend on what you like and what not, whether you want to get better on the stamina side of things or get more powerful or just have a little fun.

Need to clear your head? 🡪 Go jogging



Like playing with other people? 🡪 Join a football club



Summing up one can say that it is very important for your daily life, fitness or in general your health to do a sport every week on set times and as long as you do it with fun and the right attitude it does not matter what you do.