Sports	s are a g	reat way	to stay o	ictive an	id healthy
while h	iaving fui	r at the	same tir	ne. W	hether you
prefer te	eam sport.	s like rug	by and ne	tball or	individual
sports li	ike runnir	ng and su	vimming,	there's	something
out ther	re for ever	yone.			