Badminton is an interesting sport which is easy to play.

Nowadays, people seem to forget the importance of sports, spending their time in using phones, which causes many diseases such as a sore neck and weak legs. In order to solve the problem, sports like badminton is supposed to be promoted to make us healthy angina. Badminton has a perfect function to active the muscle of your hand, neck, stomach, and legs, so it is of great important to play badminton if you want to keep healthy. What’s more, we gain friendship when playing badminton with others.

As far as I am concerned, here are some measures to encourage the badminton. On the one hand, knowledges about the benefits of playing badminton should be publicized, and our enthusiasm will be fired to take into the sport. On the other hand, we wouldn’t play badminton without a partner, so calling others to be aware of the sport is also helpful to encourage the sport.