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SPORT IN OUR LIFE

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Relevance. Sport plays a big role in our life. Sport is a good mean of struggling with stress and stay healthy. Your muscles need to be used in and healthy and strong. When your muscles are strong, your body stands tall and straight. Physically inactive people get old earlier than those, who find time for sport activity.

Aim: to study the positive effects of sport activity on the human body, at what age should you play sports to keep the normal human health.

Materials and methods. Internet websites, questionnaires, scientific articles and literature, documentary films and videos devoted to this problem have been studied.

Results and their discussion. We interviewed 200 people, 90 of them were at the aged of 16-40, 60 - at the age of 40-60, 50 - at the age of under 16 and received the following answers: 150 people exercise regularly, 30 are engaged in sports periodically, 20 don't play sports. 70% at the age of 16-40 play sports, 30% answered accordingly "no"; people aged 40-60 responded 44%-yes, 56%-no; people aged under 16 answered 91%-yes, 9%-no. 67% people aged 16-40 are motivated for sports by films, 33% accordingly answered "no"; 29% aged 40-60 answered accordingly "yes" and 71%-no and people aged under 16 responded accordingly 87%-yes, 13%-no. 85% people aged 16-40 know in what country the Olympic Games were originated, 15% responded "no", people aged 40-60 answered accordingly 97%-yes, 3%-no, people aged under 16 responded 33%-yes, 67%-no.

Conclusions: doing sports is the best way to keep fit. Due to physical exertion, the likelihood of strokes and heart attacks is reduced. Whatever activity you choose: swimming, biking, baseball, ballet, running- be careful not to do too much too soon, especially if you have been a slug all winter. Sometimes the very activities people use to unwind place their backs at risk of injury. It is recommended to be engaged in sports at any age, the main thing is to do it moderately, to do the exercises correctly, and not to forget about safety rules and sports risksd.