

TO A HEALTHIER LIFE

"A healthy mind comes along with a healthy body."

Quoted from M. Kemal Atatürk, Founder of the Turkish Republic, this verse is clearly a sign that individuals should indeed have a healthy life, related to their sports activities, as one of their top priorities. People, especially those living in developed countries, are having access to better and better medical facilities as the days pass by. However, many of them cannot live a longer, let alone a healthier life. This is a clear indication that in order to improve life expectancy and quality, sports activities must be encouraged as well. Consequently, sports activities not only protect individuals from chronic diseases, but also enable them to have a healthier and more physically fit body.

Firstly, there are innumerable patients all over the world suffering from chronic diseases such as organ failure or cardiac arrest. One of the causes for such diseases is lack of body activity. A recent medical study conducted by Ege University in Izmir shows that approximately 75% of those suffering from cardiovascular diseases have not been participating in any form of sports activities. Bearing in mind the fact that many chronic diseases end up with organ failure resulting in death, it is safe to say sports activities are our cradle of life. As a result, in order to improve our health to live more, participating in sports is an obligation.

Secondly, one of the known benefits of having a regular sports life is physical fitness. Having a physically fit body not only makes us more presentable, but also enables our body to be more resistant to injury. Medical doctors say that many incidents