

Benefits of Sports

Human body is designed in a way that regular physical activity is required in order to keep its form and health good. People who don't do physical activities lose their body form and health. We can experience such people in daily life. In older days, people were used to run away from natural threats, hunt, fight to survive. Their struggle for life required extreme physical activity. In present time's civilization, surviving from natural affects isn't a problem at all. So in order to fulfill our bodies' physical activity needs, doing sports has gained a crucial importance. Sports activities' benefits vary from "keeping up with caveman's body" to socialization.

It is an obvious fact medical science suggests that at least 30 minutes of everyday sports activities reduce the risk of a lot of chronic diseases like heart attack and lung diseases at older ages. Even with recovered patients, daily jogging is offered as a part of post-treatment to maintain health. Type of sports activities 'don't actually' matter to science. As long as the body goes a "sweaty" state, science considers it as enough sport to stay healthy.

Furthermore, when it comes to team sports such as soccer, basketball etc a new