

Sports are important things in every person's life. Because the benefits of sports are many, it makes the person in better health, avoids obesity, as well as diseases that result from obesity. Sports also has social benefits, making the person more cooperative with others. There are many kinds of sports. Everyone has to choose what suits him, for example, there is individual sport. Individual sports depend on the abilities and skills of the person. Such as swimming, tennis, table tennis, horseback riding, .athletics, running and others