Good morning everyone, Today I want to talk to you about the importance of sport in our lives. It helps us to stay fit and active, and can reduce the risk of many diseases such as heart disease and diabetes. Sport also teaches us important life skills such as teamwork, discipline and perseverance. Furthermore, sport is a great way to relieve stress and have fun. Thank you for listening.

lakhasly.com © تم تلخيص النص بواسطة موقع لخصلي