

My favorite sport is football because it is fun and beautiful. Examples of leisure activities: Walking the boardwalk with friends, sporting events and recreational events. Sport prevents diseases and clots, and sport regulates the heartbeat, and for this sport is important to us. It will benefit me in terms of that I will have energy and my body will be healthy and it will prevent diseases and clots. Running in football helps to increase vitality and positive energy. I play it twice a week.