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## Sport link's the world together

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### Abstract

The Century's heart-beat depends on its speed. By virtue of sports, it acquires speediness and potentiality. Energetic persons only can save those qualities by promoting sports. Paralyzed society may also get rapidness through sports. The importance of sports should be realized and it should be introduced in every corner of the country in scientific ways. This paper persuades you that sport is an important part of life and is that would severely damage our country if it were removed. Even competition is important because of the many functions it serves within our country and our community. This paper focused that the sports gives us healthy and wealthy lifestyle, sports entertains us and sport link's the world together.

**Keywords:** Promoting sports, wealthy lifestyle, social and communication skills

### Introduction

A true sportsman who is defeated must strength his nerve. He always remembers that failure is the pillar of success. So, great efforts with strong determination help him to win any game. The true sportsman is conscious about his team spirit that strengthens the willing power of team. Unity in action and genuine effort offer them victory. Without sports a good society can never be constructed by its members. Spirit of endurance and fellowship, willingness to scarify – these various qualities – which are of great value only can help us to rebuild an ideal society. Survival and success of man has always depended upon his mental and physical energy. History tells us that only those nations could enjoy supremacy over others which more powerful and more active than their rivals. Therefore to develop standard of physical fitness nations of the world gave due importance to sports and games. In ancient Greece, such festivals were regularly held in which events of sports and games were arranged. The present day Olympic Games are conducted in the memory of Olympiads of the ancient Greece. Today in the modern age the importance of sports and games is much more than it was in the past. The impact of machine growing comforts of life, sports and games provide us the opportunities of physical exercise along with enjoyment. It is obvious that healthy individuals make a healthy nation. It is true that sports influence a man physically and mentally as well as morally. As Hippocrates said, "Sport is a Preserver of health." Playing games and sports has important advantages in a way that it socializes our lives.

### Sport can link people together

Sport can link together groups/teams of people who would not have usually been seen together. Because of sports people came under the one flag for playing. So sport has the ability to link not only the people but link the whole world under the sports flag. Some people may be socially awkward and have no friends, but if they have a little sporting ability than they will be made welcome in sports. Even if they have no friends they will not be picked last in a team, they will be made to feel like part of the group, sports foster friendship and amity. Social and communication skills can be developed through sport. Sports joined the international area. For ex., have you ever thought why; people want or play football or other games? The answer may be easy since sports are – entertaining. They are something magical as they catch our attention and give us pleasure. Football and cricket matches are exhilarating because it gives us pleasure to watch. Sports player are the representative of our sport culture. Within the excitement of sports, countries are able to complete in the international area. Due to this fact people like sports.

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### **Sport develops and encourages the spirit of healthy competition**

The competitive instinct is natural in man and demands outlets. Sports have wide scope for the competitive instinct. Matches and tournaments and contents are held to put to test the skill, toughness, stamina and endurance of values of participants. Medals and awards are an incentive to players to achieve excellence and a high standard of performance in their respective fields. The healthy spirit of rivalry and competition constantly leads to improvement in the performance and previous records are constantly excelled or surpassed. Thus sports offer competition without violence. This is true for most sports, although there are a few sports where violence is expected such as hockey. Otherwise sport is about matching physical fitness and wit with other participants. That is one of the great things about sport and is why it is an important part of life and our society.

### **Sport encourages good health**

Sport is a great motivator and has people going out and taking exercise. Sport is something that even makes spectators want to get into shape. It is quite common for more people to join gyms and start taking more exercise when big sporting events exist. Physical fitness is essential for everybody. Sports developed the healthy habits for us. The main benefits of sports are improved health and fitness and the development of social and communication skills. People that do sport on a regular basis are burning more calories than those that don't and are therefore less likely to end up overweight. Being a healthy weight means that you will be less likely to die young and suffer from heart disease, strokes, high blood pressure, diabetes and a range of other conditions. And if you eat well, it can give you an extra calorie allowance. As well as improving cardiovascular health and fitness, exercising is also good for the musculoskeletal system and improving the strength of bones and joints. Furthermore, doing sports can improve mental health as well as physical health, with exercise being helpful for people with depression and a range of other mental health issues, because it releases good chemicals into our brain. It also makes people feel better about their bodies, which can make them happier, and reduces the risk of eating disorders and crash dieting, as people make more sensible, healthy changes to their lifestyle. Sports also allow people to develop personality. So it is one of the advantages of sports for people are that it helps people be healthy and be fit.

### **Sports are the Huge Market for Countries' Economies**

The best and least advantage of sport is that they are the huge market for countries' economy. First of all, if we look at any football industry, there are more than thousand professional teams and at least this team has 25 players. If this is calculated, there are approximately 25000 players without working staff, scouts, coaches and managers. This should be the largest industry which employs many people. Countries and clubs have to establish new facilities for sports game. Some of them are the largest buildings in the entire country that represent countries. Well-designed stadiums help country prepare or organize big competitions such as world cup, Olympics and Tennis Tournaments. Sports allow advertisement companies to make publicity of one company. Thus, sports help for countries economy.

### **Conclusion**

Thus, to conclude, there are several advantages and benefits of sports. First, sports can link people together. Second, sports

develop and encourage the spirit of healthy competition. Third, sports are required people to be healthy, fit, smart and good looking. Fourth, sports are the huge market for countries. In my opinion, despite sports' advantages, many people can't believe that sports are useful and beneficial. I hope that in the future these people will tend to be more optimistically to sports since they are the necessity of our lives.

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