

# SPORTS AND LIFESTYLE



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**SATU MARE**  
**NOIEMBRIE 2015**



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**Contributors:**

Andreea Fabiana Anton	page 1
Luiza Georgiana Panait	page 2
Andrei Cristian Barbu	page 3
Maria Cocan	page 4
Alexandra Georgiana Nițoi	page 5
Maria Silvia Vînătoru	page 6
Ruxandra Ioana Dinca	page 7
Andreea Iacob	page 8
Maria Antonella Marinescu	page 9
Denisa Andreea Olteanu	page 10
Theodora Valentina Trandafir	page 11
Maria Elise Anghel	page 12
Monica Elena Stănescu	page 13
Carina Cantaragiu	page 14
Mara Vasile	page 15
Tudor Matei Nicolau	page 16
Antonio Ciocodeică	page 17
Raisa Marin	page 18
Sara Moise	page 19
Mihai Oprea	page 20
Paula Predescu	page 21
Robert Ioan Alexandru Chivereanu	page 22
Iulia Coman	page 23
Alexia Teodora Livia Gurgu	page 24
Remus Istratescu	page 25
Hara Gabriela Mocanu	page 26
Daria Ioana Popa	page 27
Maria Alexandra Rotaru	page 28
Mihnea Tatulescu	page 29
Andreea Miriam Uta	page 30
Beatrice Uta	page 31
Sara Vatavu	page 32
Antony Iulian Vlăducă	page 33



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Sport is very important in a person's life because it helps us to be healthy and strong. An old Latin saying says "A healthy mind in a healthy body". If we were to accept these words as true, we could say that our whole life is under the sign of our physical health. One of the best ways in which we can ensure our physical health is by practicing a sport. Practicing a sport entails a harmonious development of the body.

Together with the balanced modelling of the body, we must also teach our body with a healthy diet. These issues have a direct influence on our physical health and allow us to protect ourselves more easily against various diseases.

From a biological and medical point of view, practicing a sport ensures a better circulation of blood, which entails a proper oxygenation of the brain and additional energy for the entire body. But, perhaps, the most important negative aspects that can be controlled by playing sports are sedentary lifestyles and stress. These two are starting to become a problem of our times, they manifest both in children and adults. Because today a large part of our lives as children is spent in front of a computer screen or watching television, sport becomes a balancing factor for us. Also, sport is a good reason to spend time outside the house, in nature, away from the radiation emitted by various electronic devices which surround us every moment. Moreover, sport brings self-confidence, a further reason to practice it, because it may help to radically transform a person.

So, given the previously mentioned arguments, we can say that sport has an important meaning in human life and it is beneficial to practice it.





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Sport is a physical activity which sometimes involves competition. It also has a role in influencing people's lifestyle, health, or maybe even personality.

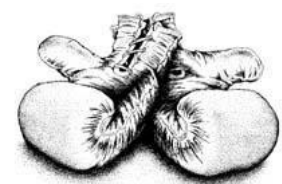
Nothing is better than running alongside a play-list, right? The benefits can be maintaining your silhouette and your psychical balance. This sport can be practiced once a day or even more. But the excess of jogging in summer time leads to dehydration and scorching of the skin. Muscular fever can also appear when our body is not used with the effort; moreover, our ankles and knees may be overused while running.

The benefits of karate, of boxing and of judo can be based on rewards, on gained experience, on health, on physical and psychical well-being, but the disadvantages are the blows received, which may even lead to broken limbs.

Scuba diving is also based on competition and its benefits are the development of knowledge, the development of passion, self-control and courage, but the disadvantages can be remaining without oxygen and even drowning.

When practicing a sport there are a few things that must be kept in mind. For example, the outfit is important: most people ignore the fact that they are supposed to wear something special for the body to move freely and keep its temperature; but not wearing the right type of clothes can lead to various problems, such as dehydration, or freezing. Another important thing is to prepare your body before starting physical effort: if you start exercising without preparing your body in advance, your body may be injured.

In conclusion, sport is welcome in everyone's life, but it is supposed to be practiced in a time interval when you can do those exercises for a healthy lifestyle.





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Sports mean the movement of every muscle of your body and represent all the healthiest activities you can ever make. What is fun about sports is that it doesn't matter which sport you practice, because all of them are healthy. If you play football is great, if you play tennis is great and even if you only run across a stadium is great, too.

On the Earth there are lots of humans who don't practice sports regularly. Most of the people prefer to waste time in front of a screen than to go outside and only run 1 kilometer or so. Obesity is so frequent in the world and this isn't the way everyone wants to waste their life.

Lifestyle is the style of your life and the way you want to live it. Probably you will say that your favourite lifestyle is a healthy and non-obese one and you're doing sport every day, but probably 90 per cent of what you say is a lie. And probably this is the reason of many diseases, the non-sportive activities. And this shows that the best medicine is the sport, not laughter. If you're running in the rain, in the snow or even in the storm it doesn't matter. You're not going to be sick again.

Another problem of people's lifestyle is the feeding. You're not going to eat all the unhealthy food you can eat after you're doing sport. You're going to eat a salad, a cranberry, actually any fruit, a carrot or any healthy food you have.

Fight against obesity! Be healthy and positive!





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We watch daily those popular TV advertisements which encourage us to have a healthy lifestyle.

I think that a balanced lifestyle means a correct nourishment, excluding fats, alcohol and cigarettes, less salt and sugar and practicing sports or, at least, walking every day. I try, as much as I can, to have a healthy digestive system, so I eat a lot of food which is cooked at the oven or using the steam method. I also eat fruits and vegetables which are delicious. I attempt to have three main meals and two snacks a day, meaning cereals or fruits. I eat nuts, grains, hazelnuts, because they are very good for the nervous system. I drink a lot of water and I also avoid drinking coffee and coke because of the caffeine.

My favourite sport is tennis, which I try to practice frequently, most of the trainings being done at the weekend or during the summer holidays. Practicing sports in the open and fresh air is a way of helping my brain work better. Sports are good for us because they brace the muscles, too. They also help the blood system and they discharge the toxins.

If the reasons above don't carry weight for you, I tell you that they help you socialize better and make new friends. To keep fit is the best way to love yourself and to be a pleasant company for the others.

I usually sleep at least eight hours per night, I go to school or go shopping on foot and, of course, I drink a glass of lemonade every morning after waking up.

I hope that my essay will help you have an organized lifestyle. So, eat healthily, sleep a lot and, last but not least, practice a sport every day, in every way you like it!





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Nowadays life is becoming more and more stressful. People live under the pressure of various problems of many kinds: social, economic, emotional and others. They constantly suffer from stress, noise and dust, especially in big cities. In order to overcome all difficulties a person should be strong and healthy, take care of his/her physical and mental health. There are several ways to do that. In my opinion, practicing a sport is of a primary importance. The Greek used to say "a sound mind is in a sound body". Nowadays different kinds of sports are more accessible for people. I prefer basketball for various reasons: I can become fit, I can develop my self-confidence and I can work in a team. Moreover, playing basketball gives me the opportunity to make new friends and stay outdoors as much as I can.

Vast networks of sport clubs offer a great choice of them, having necessary equipment and trainers, helping choose the right set of exercises. Among the healthier sports are swimming, jogging and yoga. Healthy lifestyle means healthy food which it usually simple. The daily menu includes meat, fruits and vegetables which contain different vitamins and give us energy, even milk products. People go on a diet especially women. But I prefer to keep a healthy life day by day instead of sitting on a diet occasionally because some diets may appear harmful for our health.

For a fit person there's no room for smoking, alcohol or drugs because they are sure to destroy both body and brain. To keep healthy and fit we'd better avoid anxiety and stress, keep eating healthy food and be sportive. Very SPORTIVE indeed!







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Nowadays we all are so busy and have so many things to do that we forget about our health. The social, economic problems, the pressure, all of these affect us. We should take a break and remember our own life.

There are so many ways to have a good lifestyle and maintain us healthy, and sport is the main one. We just need some equipment and choose one or even more activities to start. There are lots of sports like basketball (I like it especially when I visit my grandparents and I can practice it with my sister and my cousins, even with my father), if we practice it, we can become taller, swimming, we can become stronger, develop the growth of bones, or simply running can also keep us healthy. We can do a set of exercises for legs, head, back and neck.

And all of these suppose healthy food. We have to improve or correct the daily menu. It should include, of course, a lot of fruits and vegetables, meat and milk products. We have to learn to avoid the fast-food restaurants, so this is a perfect occasion to discover the homemade food.

At first we might not like it too much, but in time of course, we'll accustom to it. Jogging is also very useful for losing weight if it's necessary and it keeps us active. We have to create our own schedule and if we respect it we'll see the results very quickly! And while we are doing all of these, let's not forget to be happy! Let's give a chance to any sport we like and we won't regret it!





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It's hard to say what sport means in my lifestyle, because it represents a part of myself. It's not just a hobby, it's my passion, and I don't want to detach myself of it. Besides the fact that it's good to do sports to keep yourself healthy, it frees the mind from all worries, making you feel unique and free, without anyone exaggerating, it simply comes from inside.

Ambition and commitment are also two basic elements in sport because they can't go one without the other, being connected by desire. So that's the same in team sports, let's say the players are the pieces and the team is a machine. When all parts are put together and work together, the machine works well, but if each piece works individually only for itself then the car and the machine will both suffer.

In addition, sport means sacrificing time, devoted hours of training and matches, it means the satisfaction of winning and dignity to lose with your head up, because you know that you did your best on the ground, it means adrenaline, it means courage you have demonstrated that you are where you must be, that your place is there and your work wasn't in vain. That's why each of us needs a chance to find ourselves, to reinvent ourselves and especially to gain experience through sport. You will successfully become stronger and you will also be able to improve your lifestyle.





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Sometimes, I don't know if what I'm doing now is the right thing for my future. You know, it's really strange how day by day nothing changes, but when you look back everything is different.

Well, I'm not going to talk about my strict menu or about the hours I "rest" in the Sports Club. I don't think is relevant to give all the details of my timetable. I say just a word: BASKETBALL. When I have the ball in my hands the real universe disappears and my own universe is created.

For example, I had a competition two weeks ago. I remember it just as it was two hours ago. We were preparing to enter the sports hall, when the coach shouted our names. He said to start to do our short training and, when the team was ready, we walked towards the court. There were many people who supported us and my heart was going to explode. We shook hands with our opponents and the match started. At the half of it, I was faulted and we received a free throw. We had more points, but our advantage could get lower. In the last two minutes, the score was equal, so we were very stressed. I caught the ball and that was one of those moments when my universe was created. There were just me, the ball and the basket. It wasn't easy. The pressure I felt was enormous and we needed three points to win, but I managed to score.

Every success is like a drug, because it determinates you to wish for more and more. This sport involves dedication and time, so I can say it's a lifestyle. Even if sometimes I want to do other activities in my free time, I couldn't imagine my life without sport in it.





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How can I begin to write about them? There are millions of things that describe sports and lifestyle. I can't decide which one of them I should start to write about.

However, I can begin with a short description of sports. Sport can have a tank of definitions. Why? Because, for each person, there is a personal definition of it. In my opinion, sport is a mysterious thing. Nobody can understand it in its simplicity. In spite of being simple, it is very varied. It can be either a physical sport or mind sport. By mind sport, I understand a healthy brain and perfect moves.

Now, I can continue with the lifestyle, of course! Lifestyle can be different from one person to another – just like sports – and it is varied. To talk about lifestyle, we firstly need to know what life is. Life is a mystical thing in which we live every year, every month, every day, every hour, every minute and every second of our lives. Isn't it fascinating? However, let's come to the point. Lifestyle can be healthy and unhealthy. By healthy lifestyle, I understand eating a lot of fruits and vegetables, doing sport and sleep eight hours a day. By unhealthy lifestyle, I understand eating a lot of fast food, lying on the sofa and sleep all day long, like a couch potato.

All in all, sports and lifestyle have many common things. The most important of them is that a healthy lifestyle wouldn't exist without sports.





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Most people aren't actually thinking of how important sport is in our lives, aren't they? Well, I'll try to explain as briefly as I can, how a sport can change your entire life.

Your lifestyle is so important. If you are one of those people who eat healthily and keep moving, you'll have a long and beautiful life to live, but if you aren't that kind of person, I suggest you improve your lifestyle doing whatever is necessary for your health, your body and your soul.

For some people a sport means everything. It is a way out of poverty. The great sportsmen inspire young people. I think they have a great influence on ordinary peoples' lives. These successful men and women appear on TV shows, talk about their childhood, about their hard work and about their life dream which came true and this is a very good way to encourage people, especially children, to take up a sport. What sort of people tend to succeed? Those who have commitment and do extra training without being asked.

It doesn't matter what sport you do, it's good for you anyway. By practicing sport, you improve your body and your mind, too. It helps you very much. It relaxes you, makes you become happier and secure with yourself. It develops your ability to communicate and it teaches you how to work in a team. It also makes you look better, look fresh. Anyone who practices sport can tell you that.

**LIFE WITHOUT SPORT IS NOTHING!**

**LOOK AFTER YOURSELF AND PRACTICE A SPORT!**





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Practicing a sport is an essential activity. This was proved by Andrei, a child keen on computers and not sports.

One day, when the children were getting out of school their sports teacher asked them if they wanted to take part into a running contest. They had to train during the summer and when school began the contest was going to take place. When they heard the news all the children wanted to take part into the contest, only Andrei was standing in a corner, looking as his classmates joined the contest. The sports teacher seeing that Andrei hadn't joined the competition asked him why and Andrei told him that he had no chance against other children.

The teacher told him that if he prepared and had a healthy lifestyle he had a chance of winning. Andrei was pleased about the idea and joined the competition. When the boy got home he searched the internet what a healthy lifestyle meant. He learnt that a healthy life means daily exercise and practicing sports. The food we eat should be rich in vitamins from fruits and vegetables.

During the summer Andrei never forgot what he had read and he prepared well for the contest. He ran into the park every day and he ate many fruits and vegetables. He trained very hard for this contest and the results came very soon. Andrei was qualified among the semi-finalists. Then Andrei got scared, because the boy he was competing against had won many medals. On the day of the contest Andrei was very excited, but in the end he won. Alexandru lost the running contest, but the race against a healthy lifestyle. Andrei was very happy too. After the race, he continued to have a healthy lifestyle and competed in other races too. He won most of them.

Andrei showed us that a balanced lifestyle means combining personal and professional lives. If we have a healthy lifestyle and do sport our bodies will work better and then we are ready for all challenges we face.





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Sport is very important for our health and our bodies. It makes us stronger, faster, slimmer and healthier.

But let`s talk about benefits. Playing a sport helps us stay in shape and teach you how to organize your time, boosts friendships and builds relationships between children and adults.

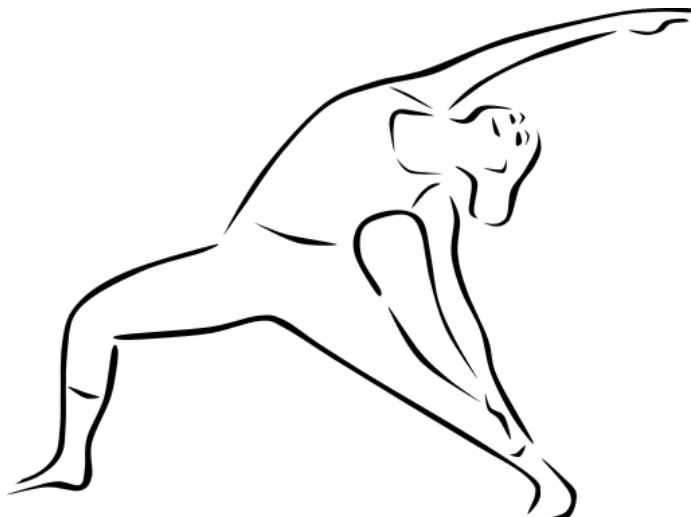
First of all, when we are doing a sport for the first time, we may feel different for the first time. This is normal because our bodies are expanding much more energy than are used to, but after a while we`ll get to familiarize with that.

Secondly, doing a sport enables you as a person and creates friendships that otherwise might not have formed. I can say that sports bring teenagers together from different schools, backgrounds and communities.

From my point of view, as a teenager, I think that it is not always easy to find time to spend with your parents, so if we practice a sport together we will know to appreciate one another.

One of the most important sport for our body is fitness. Almost everybody practice it because makes us have muscles or we can lose weight. Participating in different sports improves our health in many ways. Being a good athlete we must take care of ourselves. This gets us thinking about what to eat, what to drink or how to treat your body in order to achieve performance. The key to this is to find a balance.

If you can learn to organize your time, then you can succeed in both!





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Sports are very important activities in the life of any person. Maybe we do not want to admit it, but sports can be a good friend for us. Sports prepare us for life, discipline us and they can offer a better life. This activity provides many benefits such as physical health and strength of character.

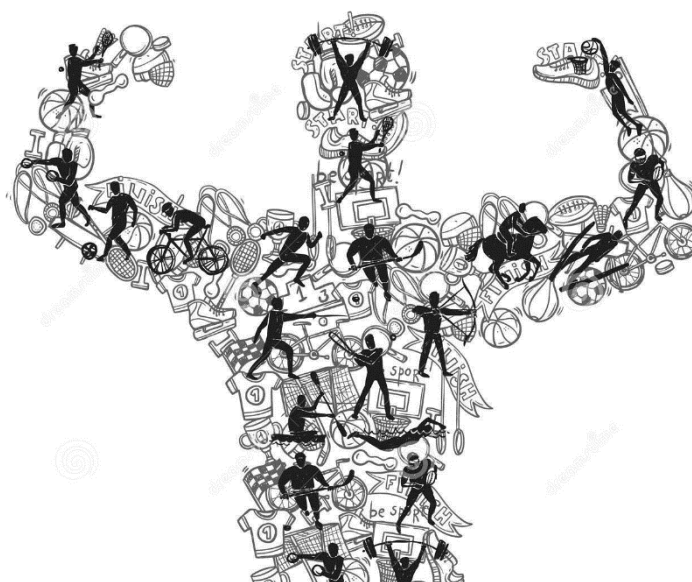
I think that through sports we can gain an unmatched value. No matter what kind of sports we practice, it has many benefits. For example, through sports we can unwind in a helpful and pleasant way; we can control the movement coordination and, also, we can lose the extra pounds that we have.

In general, sports do not have to be practiced for hours on end. I think that thirty minutes a day are enough to give us positive energy that we need to get over the problems or things that require concentration and a lot of patience.

Primarily, it was discovered that through sports we can rejuvenate and remove toxins from our bodies that harm our health. We can say that sports are a new and beneficial recreational activity. From my point of view, every person should be willing to do any kind of sport.

As a conclusion, I can say that sport is a 'wonder drug' that above all give us a psychical and physical strength. We must not be full of great muscles to be great champions or power; we must have the three core characteristics: strength, will and desire.

Each of us is a champion!







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The sport that I practice and I absolutely adore is skateboarding. I have started practicing this sport since May. I am not a pro, but I am a quite good beginner, although I am a girl, and boys are better at this sport than girls.

Since I started learning skateboarding, I have learnt that this is not a sport, it is a lifestyle. I have learned that we are an international family, a network of millions willing to help each other in any situation. It is unbelievable, but skating teaches you life lessons, like how to learn, to respect those who came before you and how to be yourself. Skating is the one thing that really clears my brain and sets me at peace with myself, it is the way I relax. Feeling the wind on my face is what I live for. It is also a good moment to think about all the things in my life. When I'm stressed out, I go out and skate. I work on my tricks, or just walk around.

Skateboarding is not like learning a language, or other skill. You do it for your own sake. You sweat and you hurt yourself again and again for no other reason than that you want to be good at skateboarding. Skateboarding teaches the lessons of life better than anything else. Sometimes things come naturally, easily, sometimes it takes just one try, sometimes you fall. So you get up, you try harder, you make adjustments, and you give yourself time to breathe. You know the risks, but set the fire aside, because you know how the reward will feel.

Even if my responsibilities and school occupy my time, I will always go for a skate session when I have time. It makes me feel free, and when I skate, I forget about the problems. Everyone should remember the fact that everyone can skate, because this is a lifestyle, not a sport.





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I like sport because practicing it makes you feel very happy and healthy. My favourite sport is basketball. Basketball is not just a sport, a simple sport, it is a lifestyle. Basketball trains the body. When I'm sad or when I'm in a bad mood (because I'm moody) I go to the gym and I practice basketball with my Sport teacher. I like basketball very much, it makes me smile, and it makes me feel alive and happy.

When people want to do a sport, any sport, they must do it without pressure or force, they must be relaxed, with positive thinking and optimism. Sport must be done for a healthy and better lifestyle. Sport is a lifestyle. When we do a sport I feel relaxed, good, because I feel that I get rid of stress and I like this feeling very much.

Many people practice sports for performance, but I don't take part in this group. I prefer to do sport for me, for my body, for my health. Sport offers many rewards. Team sports help team work and solidarity. In fact, sport helps you in your social life.

In other words, in my opinion, sports help people who want to be relaxed, to be healthy and... to be happy. For me, it is very important to be happy. This is what matters to me!





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I think that sport is an essential part of our life. Either as a player or as a viewer, almost every person likes sport. Sport is probably as old as the humanity itself. Sport makes our bodies stronger and prevents us from getting sick. Not only sports help our bodies stay healthy, sports provide us with energy in general. Another value of games and sports is that they are an excellent recreation.

I'm sure you don't need to be good at sports to enjoy them. You don't have to win a competition, it is the participation that matters. I personally can't imagine my life without sport. During summer, I go jogging every morning and when I have some free time I attend the swimming pool.

But I am not good at football, the well-known world's most popular sport. I started football at school and I realized I can't catch as well as most people. I am just horrible at blocking and stuff like that. And if I miss a ball, my teammates will talk behind my back like "Hey, that boy is a loser". When I have to play football, at school, I face pressure from my teammates and even from myself. Imagine how I feel when the ball lands at my feet. I look around and see my teammates running around calling for the ball. "Drop it!", yells my teacher. "Shoot it!", yell my teammates. My brain is filled with confusion, so I lose the ball. "Come, on!" yells a teammate. I feel like hitting myself in the face.

But there is always a kind of sport which will suit you and there are many different kinds to choose from. As for me, I love going to Tae Kwoan Do, because every class is fun. When I first joined the class I thought it was just a great form of exercise, but I found that it has not only strengthened my body, but also my mind. It helped me become more comfortable with making mistakes. As a shy kid, I was so afraid to give a wrong answer to a question that I wouldn't ever raise my hand during class, even though one teacher told my Mom "I'm sure he knows all the answers". This sport taught me that I could make mistakes and still win, or at least still enjoy playing the game.

So, I think we must remember that sports are, after all, just games. And I think that when it stops being fun, you should stop playing. We all love to win, but we should love to play more than we love to win.





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Sport is good for our body and health. It is recommended to do exercises for thirty minutes every day. There are many kinds of sports: football, rugby, baseball, handball, basketball, and so on. When I do sport I can say that I am a different person. It makes me more relaxed. People who do not practice sport are stressed and they can also get sick.

Sport is an activity that can influence our lifestyle, our health. Moreover, it can influence our personality. People can also make a career from practicing sport. Sport improves the quality of my life and I think it makes people more disciplined since childhood. A positive effect that sport has on children is that it reduces the chances to have dangerous habits such as smoking. A child who practices a sport knows that this is a bad habit. They do not have a good performance and it is also bad for their lives. Also, children who practice a sport understand more easily what it means to win or lose and they know they need to work hard to win. Practicing a sport helps children work better in a team. So, later when they grow up, they will make friends more easily and they will work hard to be the best. Sport develops mental abilities, our thinking and mathematics. For example, in a basketball game a child must decide very quickly where to pass the ball, what to do to catch the ball and to score.

These are just some of the benefits of sport for children. The advantages are many, but it is important to remember that a child who plays sport will become, probably, a more responsible adult.





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It is very important to do sport every day because it is good for our health. To do sport you must have free time. If you do not have free time it is good to do some exercises even for fifteen minutes not to become...weak. This is the main reason why you have to do sport and the main reason why people do not practice any kind of sport is laziness. Sport makes our bodies stronger, quickens our reaction and shape the waist. It also prevents us from getting too fat and also makes us more self-organized and more disciplined.

There is always a type of sport that suits you and there are many different kinds to choose from. If you prefer team games you can play basketball, football, hockey or volleyball. There are games that you can play in two like tennis and if you want something for your own you can try swimming, golf, athletics or surfing. So, as you can see, there are different games that you can play: with a ball or without, in the water or out of the water, on grass or on ice, with your mind or your body. An important attraction is the competition. People always want to prove who is the strongest or the fastest.

There is a lot to say about sport but I know everyone knows all these. As for me.... I like sport. I am not so good at it, but I definitely enjoy it. What I like the most is swimming because when I am in the water I am in another world....I am in my own world. So, in few words, sports can be a way of living, our world, it can relax us and it gives us power to move on in life.





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“Once upon a time there was a tortoise and a rabbit. They wanted to have a race to see who is the fastest of them. The next day has come, the sun is shining and while all the animals are in the forest to see the race...the tortoise stayed at home and read a book about sport.” And so the story begins....

A sport is an activity which people do because they want to have a healthy, beautiful life. With its help the body blooms and we must say that sport has a great importance in our lives. There must not be life without sport. No matter what we choose to play, sport is very important. A trained body is a trained mind. This is what we learn at school. Physical education makes us healthier and more intelligent as we grow older. Sport has also many advantages in life because, in my opinion, it helps the brain. Sport prepares the brain to grow easy...I think and it also offers a balance between our mind and body. Sport gives us a longer and a better life, a quality life. Sport is the best medicine. It helps us not to get fat and to have confidence in us. It helps us to be beautiful. Sport keeps our heart healthy and it stimulates our system, our body and protects us against heart attacks. Doing sport makes me an active person, a different person, a better person.

...When the tortoise finished the book he went to the gym and prepared for the race. At the race the rabbit did not run so fast because he was sure he would win....and he won.

And so the tortoise has a long, peaceful, healthy life. And now you know its secret...he goes to gym.





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Sport is good for our body. There are different types of sport: sport we can do with an object, for example a rope, a hoop, a ball, or a bicycle and so on. There are also team or pair sport such as football, tennis, volleyball, rowing, skating, fencing and these are very good because they help people to work together. Playing a sport is also about competition. Because I think everyone wants to win and be the best.

There are also extreme sports also called adventure sport and these are very dangerous. I think people who practice this type of sport are very courageous. The word "sport" has a long history.... sport has a long history because people do sport since ancient times. To have a balanced lifestyle it is very important to do some exercise every day. We can do any kind of exercises because it helps us to be healthy and to be in a good shape. Some people prefer running or swimming, other people prefer a team sport like football or basketball. No matter what we choose these help us to relax. Another sport that can help us relax is yoga. This is something new, I think, but I know we can practice it even at home.

An important advice when we do sport is to drink water. This is very important not only when we do sport but in each moment of the day. So do not forget to drink water when you exercise.





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A Latin proverb says: “A healthy mind in a healthy body!” this is very true, because if we practice sport since childhood, of course we will have a healthy life. What do you prefer to do on a lovely sunny day?! Jogging in the park, listening to your favourite music, watching TV, staying in bed or eating snacks.

I think the best choice is going outside, jogging, walking in the park, admiring nature and doing sport. Because we all need to live healthily and sport can help us. If we sit and eat junk food I do not think we live healthily. Why is that children are obese at the age of eleven or twelve years old? Probably because they only eat fast food and they completely forget about sport and neglect their health. If we play different sports we are stronger and we give our life physical health. When we practice sport it offers our brain oxygen and our body can relax. No matter what we choose: swimming, gymnastics, judo or even biking all these activities improve our lives. And I choose to do sport because I love my life and I want to be healthy.

To show how important sport is let me tell you a story...a few years ago in a forest there lived some animals, including a cheetah which was banished from Africa. The cheetah boasted that he was a champion in his country. Everyone believed his story, apart from a turtle. So the turtle challenged the cheetah to a race. After thirty metres the cheetah stopped to sleep because the turtle was very slow. And it was a surprise for everyone to see that the turtle won.







<b>Student:</b>	Robert Ioan Alexandru CHIVEREANU
<b>Grade:</b>	7 <sup>th</sup>
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<b>School:</b>	Școala Gimnazială „Diaconu Coresi”, Fieni, Dâmbovița

Sports are the best ways to have a healthy lifestyle. For a healthy lifestyle we need to run half an hour every day or to have healthy eating habits. Some of the sports may have more advantages and are preferred because they fill us with energy. These are: yoga, chess, swimming and more. Others are a little bit violent, I don't like these one like boxing or karate. They can sometimes bring about lots of problems because you can get wounded and then people can die.

All people like to have a healthy lifestyle, but not all know how to have it. I have a healthy lifestyle with a healthy nourishment and sport every day. A healthy diet would require many vegetables and fruits, little sugar and meat.

People don't know if a sport is really bad or very good. They think sport is really good if they like it, but they sometimes make the incorrect decision. To make the correct decision we need to know more about the respective sport.

Sports can be very dangerous. For example take this "A wrestler died in a boxing match when he was hit to his head by the opponent's leg and then he was thrown into the ring's strings. The wrestler was hit again by his opponent. At first they believed that was part of a scenario, but when they saw he no longer moved, they provided him first aid. Unfortunately it was too late, he died".

In conclusion, in my point of view, healthy sports are those in which we don't get injured. Sport encourages good health so it is a great motivator and has people going out and taking exercise. For an individual to be a part of any sports, it is necessary that they get motivated starting from a very young age. Sport and health are closely interrelated. Health is the base for a human being in his ability to decide serious vital tasks and surmount various obstacles.





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Indeed, we can say sport and lifestyle... But why not better say sport is lifestyle! I think sport plays a huge role in our everyday life. We must be in a good physical shape to pass any obstacle that we face.

Have you ever been to a tennis match or at a cross? If you have, I think you did feel the same thing that I did. For a short time, I had the motivation! That moment I promised to myself to start playing tennis or just to change my lifestyle with another - a healthier one! Unfortunately, this only motivation 'invaded' my mind for a short time and after that I continued to maintain the same old and unhealthy lifestyle! I hope you will not do the same!

Sport isn't enough for a balanced lifestyle. You need to have the right eating habits, too! I decided to play tennis after I read some magazines and some interviews about Simona Halep! In my opinion, the ones who dedicate their life for a sport are heroes! You need to be brave and passionate, sometimes sacrifice for what you love! 'There may be people that have greater talent than you do, but there is no excuse if everyone works harder than you do!'. This is where I get my inspiration from! Before taking up playing tennis, I haven't got the time to do many things, with an effort I succeeded in doing all. Now, I'm more organised and I can do more things for myself!

All in all, sport is an art and it is one of the basic joys of life - pain is only temporary, but victory is forever!





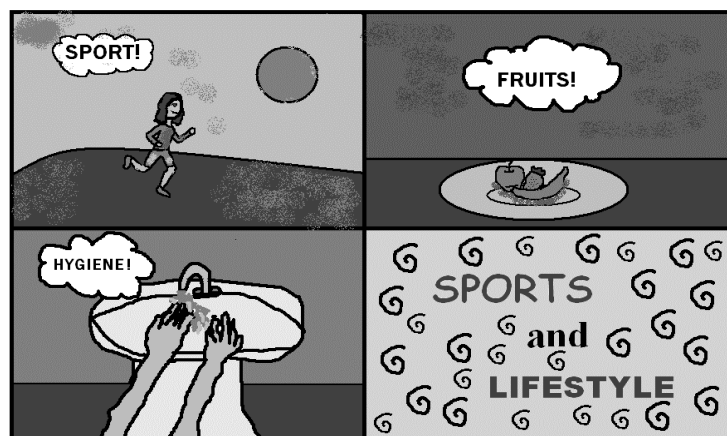
<b>Student:</b>	Alexia Teodora Livia GURGU
<b>Grade:</b>	6 <sup>th</sup>
<b>Teacher:</b>	Mihaela Sorina BERBECE
<b>School:</b>	Școala Gimnazială „Diaconu Coresi”, Fieni, Dâmbovița

For me, sport itself is a lifestyle, so it's something that we really need. My lifestyle contains sports. I do fitness, it really helps! But, to have a completely healthy life, we also need food, as rich in vitamins and nutrients. If sport and nutrition are both correct, we can say that we have a pretty healthy and balanced lifestyle. Nutrition isn't only about food, it's also about water. Oh, I know that we need to consume at least two litres of water daily.

As for my lifestyle, I do practise sports daily. I watch videos on the internet and then follow them. They last between twenty and even forty minutes each. During the exercises, I drink a lot of water that I like to mix with some lemon juice or a vitamin powder. As a child, I think my lifestyle is correct. A child's life is itself a sport. For example, I'm always on the move!

I walk to school, which takes me between twenty to forty minutes. At school, we have sports classes only on Mondays and Tuesdays, but I think that they help us a lot. As for fruits and vegetables, there's no day without eating at least one. I prefer fruits. My favourite are strawberries, bananas and apples. I like to mix them into a salad with lemon juice. It can also be a recipe for you! It detoxifies the body and it's so delicious! Hygiene is also completely necessary! I've heard that if you wash your hands one time, you can prevent two hundreds diseases! Awesome, right?

I love having a healthy life. Health is the most important thing. But for it, we can't do anything!





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I am not so sporty, but I like some sports. Let me tell you a story that brings together sport and I...

My favourite sport is tennis. Everything began one year ago. At the beginning of June, on a Saturday, my best friend, Andrei, and I started our first tennis class. We could not hit a ball in the first half an hour. In the second half we improved and we hit 10% of all balls. After some hard months, I became very good at this sport, and in December I had my first competition. The bad thing at this was that I had to fight against my friend. It was a cold day and I played trembling. The match held about an hour. A long one! Andrei and I were a tie but this was the final battle. I won but...

The next day I played against an older opponent. I was fifth grade and he was eighth grade. Was that fair? Anyway, the match started. I had to get used to his style. He had a big advantage, but I caught him up. I was almost his equal, but he hit the ball too far away from me and I ran to hit it back. In that moment I stepped on a ball and I sprained my ankle. I won the second place and I got a sport watch. I played a few more months and I gave up tennis.

I started a new sport: ping pong. It is a lot easier than tennis. In a few weeks I became a really good player, but I had so many opponents. At present I am training for a school championship. I am training at home to the wall ☺. Sometimes I think I will break it! I like basketball too, it is a bit easier because I am a tall boy. I play it in the summer because there are proper conditions. I want to try other sports too, like baseball in the future. These are the sports I usually play.





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*Motto: 'Mens sana in corpore sano'*

Sports is the most important thing in my life. I have always loved it ever since I was seven years old. An individual sport, a sport in which tactics, attention and concentration are the most important. These are the must-have of my favourite – karate!

I practise Karate, and since I am a national and European champion I assume I am pretty good at it! The training takes place on Mondays and Fridays. It begins by warming the body, then a Kumite test, probably meaning the beat, and finishes with Kata, all these movements are already learned, demonstrated and inter-connected. This training prepares me both physically and spiritually for the competitions to be held

I participated in competitions both in the country and aboard and I am proud of my results. This sport has taught me to have a healthy lifestyle. For every competition, I have to be up very early in the morning and I must be very fresh to face the day. I always sleep eight or ten hours a night not to be tired during the training or at the competitions.

Food is an important factor in my performance. In order to keep fit, I have to be very careful with what I eat, a lot of fruits and vegetables and also proteins for my energy. You get your protein from red meat especially. In order to maintain my physical condition and ideal weight, I avoid sweets, juice or food high in additives.

Sport is my life, the life whose style I adore. Therefore, I do not see myself living a quiet life because this locomotion started when I was young. Now I'm older with more responsibilities and it's already a part of me!





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In my opinion, sport is known as a part of exercise for the people with a healthy lifestyle. The main function of exercise is to achieve a higher level of fitness and health, physically and mentally. All types of sport are important to us because they have been around since humans first started to walk upright.

On the one hand, they are a deep part of our competitive and playful base instincts. Some people may be socially awkward and have no friends, but if they have a little sporting ability then they will be welcomed in sports. So, sport makes people feel as if they belong. If an individual is a part of any sports activity starting from a very young age, it is most commonly seen that they have a very clear and strong character.

On the other hand, sport can bring people together which is why it is important within our lives. Being an active participant in sports activities mean that you have very less time to waste around. While people who do not take part in sports are often seen fighting in their adulthood, active people are seen leading comparatively healthier lives. Parents should set a good example for their children by being active in sports. It is one activity that benefits the body as well as mind in the long run. Sport prevents many health problems and renders enormous influence on our health. It is a necessary condition for a man to live a long and happy life.

I am an outside games lover and lack of sports is the most important issue of today. We see young kids playing video games on their play station all day. Back in their time, our parents were used to go out and play real sports with their friends. That's why people were healthier at that time. They don't know what they are missing.

In conclusion, people who are good at sports also exhibit a lifestyle of great quality and a balanced mental development. Being healthy means having the body and mind in their best working condition. As it is said: 'Healthy mind in a healthy body'.





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<b>School:</b>	Școala Gimnazială „Diaconu Coresi”, Fieni, Dâmbovița

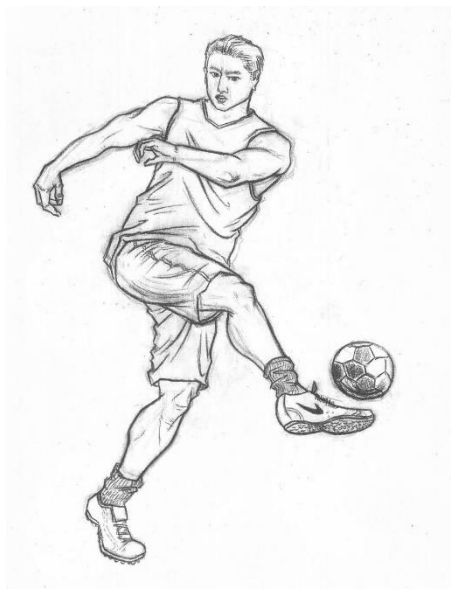
If you want to have a healthy life, you must be very sure you want to make this important choice. First of all, consider your eating habits. If you have a healthy diet, your life changes for the better, your body will grow up healthily and beautifully.

Sport is an important element for a healthy lifestyle. If you practise it every day, you will become a healthier person and you will have a longer life. You must have a personal programme based on exercise, food, hobby, relaxation, homework for a week and you will be the most organized and healthiest person from the Earth. Specialists recommend this lifestyle but be careful, some people mistake healthy food for the keeping of a diet, which can cause various medical issues. Lots of people, especially girls, keep diets which affect their immune system. This is definitely not a healthy lifestyle!

Sports and healthy habits help you in life. For example, when you must catch the bus, you run. If you have a correct lifestyle, you will catch it. ☺ Some people are indifferent in this case, other people are uninterested and others want to change their life in better.

It's true, sports are varied: mind sport, tennis, football, ping pong, basketball, you must choose what you want to do in order to lead a good life. Nutrition mustn't be too strict, a piece of chocolate is allowed and it won't hurt you. If you want to practise your exercise, squats, push-ups, crunches, be careful to do them correctly.

In conclusion, being healthy means having a long life, being happy, having healthy habits and practising more sports which help you have a healthy lifestyle.





<b>Student:</b>	Mihnea TATULESCU
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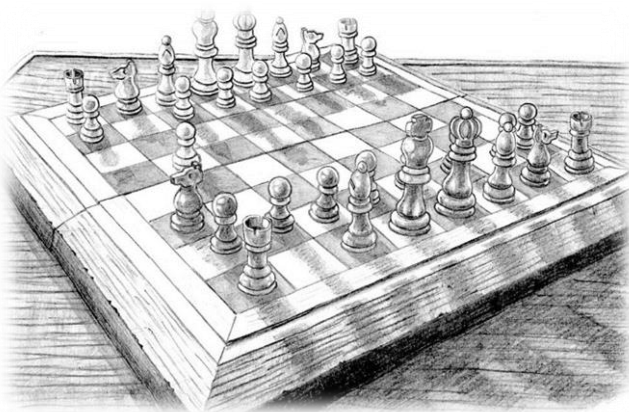
Sports have various impacts on health in many ways. In combination with other factors like eating habits or sleep, they lead to a healthy lifestyle. In my opinion, for a healthy body and mind, you need to have a good lifestyle and also a chance to have a long life.

Sports are important when you are a child or an adult because it has a lot of benefits: during childhood it helps you grow up in a healthy body and as an adult it helps you have a balanced life. It doesn't mean just a healthy body; it also means a healthy mind. For example, sports like chess and scrabble train your mind to make a correct decision. It also allows you to build valuable social connections, offering opportunities for self-expression and friendship. This is true no matter what the sport may be. Sports help one to lose weight, a major problem of today's society.

Sport is a kind of treatment for many diseases and also for mind problems, like depression. Sport makes you happy, optimistic and ambitious. It improves cardiovascular, blood, cerebral, muscular and bone systems, so it is 'food' for life. The way we can't live without air, without water and without food, we can't either live without sports.

A famous quotation says 'A healthy mind in a healthy body'. In conclusion, for all these reasons and many more, I truly agree - sports do play a major role in a good lifestyle!

Do sport!  
Live a healthy life!  
Be happy!  
Everything is about good choices!







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<b>Teacher:</b>	Mihaela Sorina BERBECE
<b>School:</b>	Școala Gimnazială „Diaconu Coresi”, Fieni, Dâmbovița

Sports and lifestyle are very important for me, they represent a healthy life. A healthy lifestyle is not just about sport, it is also about eating. It is about you and what you eat.

A healthy lifestyle consists in eating fruit, vegetables, dairy and fish. But sport is very important when you want to be a healthy person. Even on TV, they say to consume 2 liters of water a day and do a 30-minute exercise, but some people do not respect this. I see some people who go to the gym believing that they can only be healthy this way, but eating fats. A truly healthy person is someone who eats a balanced diet and does sport long enough. That can be called a healthy person.

It's true I do not always respect what I wrote above, but I try to lead my lifestyle accordingly. Personally speaking when I practise sports, I feel very, very good. A healthy lifestyle is limited to your body. For overweight people it is recommended a diet that consists of very balanced ingredients and sport, not respecting this may lead to different medical problems.

If you want to be a healthy person, look for recipes of dishes with fewer calories on the internet. In Romania we have various nutritionists that can help you become a healthier person but you have to have the will to do this. If you live in the countryside and have a greenhouse with vegetables around, do not go to the shops for them. Use your own healthy-grown products and you will be sure you will have no medical problems. At least, from this point of view.

To sum up: "If you want to be healthy, have a healthy living".





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A healthy lifestyle should be implemented at an early age so that in the future every child can become a healthy adult. Each of us has totally different lifestyles. Nobody is me the way I am one! Each person is unique in her/his own way. In this 'journey' each of us must realize that being healthy means to live healthily and do sports.

Firstly, exercising should not miss. Regular exercise is vital to our health. It helps us maintain our weight. Do not hesitate to practise a sport! Eating is also very important to everyone's development. A balanced meal consists of breakfast, lunch and dinner that contain lipids, carbohydrates and proteins. Also, the sleeping hours should be respected for a harmonious growth. Depending on the body, 6-8 hours of sleep are enough for us to feel rested in the morning.

Secondly, they say that people who smile, age slower and they are a better company for the others. Those who smile are more relaxed and less stressed as well. On the principle that nothing in life is left unsolved, no matter how serious it is, a positive attitude will always help you overcome more easily difficult moments. Cut away stress as much as possible and do not consume your strength unnecessarily.

Let's take the example of great sportsmen/women. Do you think Simona Halep, Nadia Comăneci or Gheorghe Hagi for example, would have had the best results without respecting and keeping a balanced life? Probably not!

So, smile, enjoy and love but do not forget that health comes first and that depends on your lifestyle!





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Nowadays life is becoming more and more stressful. People face many different problems every day. In order to overcome all difficulties, they should take care of their physical and mental health, as the Greeks said "a healthy mind is in a healthy body". To reach the level where someone can consider s/he has a healthy lifestyle, he/she should create the balance between the eating habits, the free time, and the time allowed for keeping fit.

First of all, sport is the main option. The most accessible and the healthiest sports are swimming, yoga and running. To me, sport represents an important part of my life. I've been practising tennis for almost two years now and it helps me to keep fit and release the stress accumulated during the day. Sport helps me to keep my mind and body healthy.

Secondly, eating is very important. Dangerous food like burgers, pizza, shaworma, fast-food, and likewise sweets should be reduced as much as possible. Also, soda should be avoided, because it's very dangerous for the digestive system. Vegetables and fruits are sources of vitamins and glucides and should be the base of a healthy lifestyle.

To be a well-balanced person, you need to respect your biological clock as well. This means you need to eat three times a day at regular hours, sleep at least 8 hours, when possible, go to a forest or the mountain to have some fresh air and forget about all the stress! Nevertheless, don't push yourself too hard; stop when you feel you can't hold on any longer!

All in all, I think that if you want to have a healthy lifestyle some effort is necessary. But unfortunately it looks like health isn't for anyone; it is for the people who really care.





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<b>Grade:</b>	8 <sup>th</sup>
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<b>School:</b>	Școala Gimnazială „Diaconu Coresi”, Fieni, Dâmbovița

For me, sport is a way of living. Along with a healthy diet, you can be envied. I've been playing professional football, or soccer, since I was 9 years old. So far I have progressed considerably, but I want more.

In my opinion, without sport, we all can end up being people who can't get up from the chair because of the weight that carries in addition to the body. If I could give rules in Romania or in a world of mine, I would give my legislation stating that people must do one sport at least.

When doing sport, playing football in my case, I forget about everything going through my head. I'm totally connected to what I'm doing. If it weren't for sport, my childhood would be a sad one, since home is boring☹, and all games are based entirely on movement, nothing is static. Sport is a lifestyle! It puts together thinking, movement, work and great effort. Along with nutrition, it creates that healthy lifestyle that I have just mentioned.

For a healthy lifestyle, you have to realize sometimes that you have to take a break. I think you should not force yourself to do something when you feel that we can't.

Being healthy is all about eating right, exercising and not smoking. Here are some tips: find out where you can get advice on how to keep yourself in a good shape. Sport and physical activity are crucial for a long-life healthy living. Practice regular physical activity for your physical, mental, psychological and social development.

Finally, good habits start early: the role of the importance of Physical Education is demonstrated by the fact that children who exercise more are physically more active as adults.

