

# SPORTS AND LIFESTYLE



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**SATU MARE  
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The Olympic Games were a series of athletic competitions among representatives of city-states and one of the Panhellenic Games of Ancient Greece. They were held in honor of Zeus, and the Greeks gave them a mythological origin. Sport was invented out of the need that humans could combine efficiently leisure with usefulness.

First of all, sport equals health. Being active can only be a good choice since it boosts the immune system and also helps maintain the body in shape.

Secondly, through practicing sports, people actually come together and share pleasant moments, so it is a nice way of making new friends. Furthermore, it promotes constructive competitiveness and teaches about fair play, helping people follow good principles.

Last but not least, sports competitions are being watched by millions around the world because they bring a sense of hope and solidarity among viewers even if they are thousands of miles apart.

To conclude, sport is a precious gift that we all could use to make our lives better. This is why the young generation should take every opportunity to practice a sport not only to win, but also be able to get rid of the stress accumulated during their learning activities.



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Motto: For a healthy life, we must have a healthy diet.

My name is Bianca, during my free time I play tennis, basketball and volleyball; I have a healthy diet, I eat a lot of fruits and vegetables and I drink a lot of water.

I think all these help me have a healthy mind in a healthy body.

If you want to be healthy, the first rule is: no sugar, no juice and no cookies. If you respect all these „rules”, your body will say „thank you”, will be full of energy and you will feel better inside and outside.

If we give the plants only water, why do you eat junk food and drink all types of juice?!?

You want something sweet? Eat a fruit or eat honey! Don't eat junk food, don't drink water with sugar; it has different colors but the taste is the same.

Did you know that it is need it 250 bees to produce a spoon of honey?

Beside fruits, vegetables are also good, are full of vitamins.

Carrots help you have a shiny face and hair( if you use the juice,) it also also help you see better ( as far as I know ,carrots are good for the eyes) ; tomatoes help you clean your face and tomatoes juice is good for diet and stomach pains.

I love tomato salad with cheese, cucumber and green pepper. During summer time is my favourite type of food.

Try to start your day with a glass of water, put a few drops of lemon juice in the water, this will detox your body. Later, eat a fruit, drink a milkshake, eat food that is made at home because is much more tasty and good.

I forgot to tell you: my mother cooks delicious, I bet your mother also!

Don't forget: to be healthy you must stay healthy, you must think healthy and you will feel healthy!







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My name is Albert and I am a sporty person. I started practising sports when I was eight.

Until then I was a fan of sports and I watched them on television. My friend had already started to train for athletics and I thought I could do it too, not because I was convinced, but because I wanted to do the same thing as Andrei, so I went to the running track. I wasn't sure what I was to do in the future.

However, after some training sessions I started liking it. After the first competition, when I won a trophy, I decided to go on. I realized I was becoming fitter and fitter and had greater confidence in myself. Unfortunately, I injured my leg and couldn't continue training for some time.

After not exercising for a while I was again weak and quite pessimistic. I couldn't stand the situation. I decided it was time for me to act, but I didn't have any idea what I should do. Many alternatives came to my mind, but I ended up rejecting them one by one.

So I decided to play football at school during the breaks. One afternoon a coach who was visiting my PE teacher saw me play and asked me if I was interested in training with a proper team. I said to myself "Why not?" and the next day I was on the football pitch.

Ever since that moment I have never stopped training and I think I'm quite good. I can hardly wait for a selection. This will definitely change my life.



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In the past, the man was forced by circumstances to walk and run more. Modern life, with numerous means of transport, significantly reduced regular movement and sport. However, it is well known that physical activity is particularly important for health and diseases. For you to enjoy a healthy life, the best decision you can take is to do sports.

Have you wondered what the role of sports is?

Well...sport in all its forms, from daily household activities and the outdoors organized games done in a gym, brings a number of obvious advantages, both physical and mental. The human body is designed to move. Since the time man had to hunt to get necessary food to ensure their survival until today, nothing has changed: the need for stir remained present.

To start healthy life, you must know that:

Begin gradually; individuals with certain diseases should consult a doctor before starting sports activities. Whether or not you have health problems, the workouts should begin slowly and gradually the effort must be increased. You can search on the internet about certain programs or you can consult a fitness trainer, you have plenty of possibilities!

Getting rest is another factor that must be respected, an element that you should not miss. A good rest consists of eight hours of sleep per night. Breaks are also important, after each exercise, you take maximum three minutes from the break to perform a cardio exercise easier.

Do you think sport is enough to have a healthy lifestyle?

Not exactly. For a healthy life, besides sports, nutrition matters a lot. You wonder what is the connection between sports and nutrition & diet? We could say that nutrition is the most important. If you have a chaotic style to feed yourself and prefer fried, processed foods and sugars instead of healthy food it is good to reorient. No need to starve, but just think how you eat. Try to keep in mind the three meals of the day. Make sure the plate are as many natural foods and give up juice and sugar, nutrition should contain as little fat, to be rich in carbohydrates and fiber.

"This is sport: go up on his own limits and see if you are able to pass beyond them"  
~Pascal Brukner~



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Don't think it is so hard to break out your time and make a delicious salad; it does not have too many calories. Fast food is not the perfect recipe to reduce time you need for cooking and eating. You got more time available, but after a while you see increasing growth. A healthy life is based on a diet full of vegetables and fruits that have more vitamins, especially vitamin C. Don't say no to a snack between meals, but not in large quantities.

A healthy lifestyle includes playing sports. No sports performance is needed, but walking or running for 15 minutes per day is just enough. You also must consume at least four glasses of water per day. These are designed to hydrate the body so you can develop yourself.

A healthy diet leads to a long life!

A healthy mind in a healthy body!





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I think that for a longer and healthier life you have to take care of you and make sport. Making just a few changes in your lifestyle can help you live longer. Four bad behaviors – smoking, drinking too much alcohol, not exercising, and not eating enough fruits and veggies – can hustle you into an early grave, and, in effect, age you by as many as 12 years.

Sport and physical activity can make a substantial contribution to the well-being of people in developing countries. Exercise, physical activity and sport have long been used in the treatment and rehabilitation of communicable and non-communicable diseases. Physical activity for individuals is a strong means for the prevention of diseases and for nations is a cost-effective method to improve public health across populations.

Regular physical activity helps keep your key mental skills sharp as you age. This includes sharp thinking, learning, and using good judgment. Research has shown that doing a mix of aerobic and muscle strengthening activities is especially helpful. Participating in this kind of activity three to five times a week for at least 30 minutes can provide these mental health benefit.

The regular exercise that comes with playing sports can help boost your confidence and improve your self-esteem. As your strength, skills, and stamina increase through playing sports, your self-image will improve as well. Sports provide you with a sense of mastery and control, which often leads to a feeling of pride and self-confidence. With the renewed vigor and energy that comes from physical activity, you may be more likely to succeed in tasks off the playing field as well as on it.

In conclusion I think that a healthy lifestyle can keep you younger and happier.



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Humanity is nowadays taken by assault by different dangers that can cause diminution of life hope. Our hope of life is about 60-70 years and unfortunately there are countries where life hope is 40-50 years due to a poor manner of life or to various epidemics.

The Greeks once said that “a sound mind is in a sound body”. Amazingly, but healthy lifestyle starts from the simplest: right food, different sports, and no bad habits or stress. This is of primary importance. Indeed, nowadays any person is offered a wide choice of supermarkets, various sport clubs, and worthy leisure. Speaking of lifestyle sports, there are numerous sportive activities, advanced equipment, professional trainers and a whole set of exercises.

Yes, sport is good, sport is great, sport is unbelievable!

Firstly, sport became an important part of my life. I’ve been practicing football for four years and it helped me to keep fit and release stress accumulated during the day. I personally noticed that these four years I became a more orderly person so that now I can solve my problems easier than before and keep my concentration for more time. By practicing sport I strongly believe that I’m preventing heart diseases.

Sport helps me to keep my mind and body health. Even if now I no longer practice football I still play football every weekend but there are other ways to keep me healthy like cycling and running.

I try to do sport because:

- ✚ Sport helps to be smarter
- ✚ Sport balance mental activity
- ✚ When you do sport you will sleep well without nightmares
- ✚ It motivates to go beyond our limits
- ✚ Lengthens life and his quality
- ✚ Become more beautiful, beauty comes from within, from the state well

Secondly, the diet is important. I changed some dangerous food with another who is healthier. I rarely drink soda because I know how dangerous it is. I eat a lot of vegetable and fruits and my taste changed according to my diet.



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Having a healthy lifestyle and making sport can lead a healthy and happy life with your loved ones. Some of the health benefits of playing sports include the efficient functioning of the heart, controlled diabetes, lower cholesterol levels, improved blood circulation, lower hypertension, and lower stress levels. It helps in weight management, the toning of muscles and the strengthening of bones. It also brings positive energy, discipline, and helps in building self-esteem and mutual respect. Apart from preventing diseases, playing sports is an excellent physical activity and thus aids in improving the functional capabilities of body. Sports are not only beneficial to young people, but also for older generations. Thirty minutes of modest exercise (walking is OK) at least three to five days a week is recommended, but the greatest health benefits come from exercising most days of the week.

Playing sports is more than fun, make it a part of your lifestyle.

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other.

All humans have to eat food for growth and maintenance of a healthy body, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults, and seniors.

Tips:

- ✚ Eat three meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
- ✚ The bulk of food consumption should consist of fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- ✚ Choose lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts).
- ✚ Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.



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The most important influence on health is the lifestyle. Health depends on the customs and habits that form our lifestyle-what we eat and how much sport we do,how alcohol we consume and how many cigarettes we smoke

The lifestyle is a factor that can be controlled:

- respect the principles of optimal nutrition
- practice any sports activity
- give your body enough time to rest,sleep unless seven hours on night
- eliminate stress of your life
- think positive
- be a moderate person

Movement helps the proper functioning of the human body at the cellular level and to the skeletal system, muscular, cardiovascular or articular-are recommended 60 minutes of daily exercise: Quick walks, football with kids, go to school on foot, down from bus with a station early, use the stairs, dance

A healthy diet can reduce the risk of hypertension and installation of the pressure and help in weight loss,lifestyle choises are associated with cardiovascular disease and mortality.Generally,adherence to a healthy lifestyle pattern has decreased during the last 18 years,with decreased documented in 3 of 5healthy lifestyle habits. These findings have broad implications for the future rik of cardiovascular disase in adults.People who newly adopt a healthy lifestyle in middl-age experience a prompt benefit of lower rates ofcardiovascular disease and mortality,strategies to encourage adopting healthy lifestyles should be implemented especially among people with hypertension,diabetes, or low socioeconomic status

For a healthy life you need to build eating, it's very easy, all you have to do is follow the HEALTHY LIFESTYLE PYRAMID.



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A healthy lifestyle means maintaining a balanced and nutritious diet as well as engaging in sports or other fitness related activities. A healthy diet alone however is inadequate to ensure a healthy body as physical activity helps to keep one in shape and free of sickness and disease.

According to the World Health Organization, only one in ten people exercise regularly and majority do not follow a healthy diet. The main culprit is our penchant for junk food as can be seen from the popularity of fast food chains and other western eateries. Even local foods such as fried noodles, fried rice and snacks and savories are laden with fat and calories. Thus, consuming this type of food on a daily basis can contribute to weight gain. Overweight and obese people suffer from many health complications such as diabetes, high blood pressure, high cholesterol and even cancer.

Hence, the emphasis on healthy lifestyle should start at a young age. Parents must urge their children to eat more vegetables, fruits, juices, wholemeal and wholegrain foods. Many parents, due to time constraint, usually find the easy way out by cooking two-minute noodles or heading towards the nearest fast food joint for an unhealthy lifestyle for their children who quickly become addicted to such foods. Thus, parents can counter this problem by cooking or preparing meals that do not take up time such as cheese sandwiches, soup, stir fry vegetables or buy pre-packed meals from supermarkets which can be warmed up in the microwave oven.

Dining out usually involves eating heavily and unhealthily. Most of us are prone to ordering deep fried food and oily dishes as opposed to steamed or baked food. Thus, though eating out is unavoidable, parents of children and adults as a whole should eat other fresh foods that are nutritious and not laden with oil, fat or sugar. Once a pattern of healthy eating is established, it would be easier to carry through such a lifestyle and for the children to follow suit.

School canteens must be urged to sell only highly nutritious food and drinks. Vending machines that sell soft drinks and drinks that are spiked with sugar should be banned. Hence, school going children would be exposed to healthy eating from young.

Daily exercise is vital. In fact, schools should implement physical education on a daily basis rather than twice weekly. Only the minority are actively involved in sports. Most students are sedentary and prefer to concentrate on their studies as they consider indulging in physical activities a waste of time. By enforcing regular exercise daily, these students would be exposed to the importance and benefits of exercise.

Many parents and adults do not allocate time for physical activity. A large number of them work long hours and return home late thereby depriving themselves of the benefits of exercise. Parents must lead an exemplary life which can benefit their children by increasing awareness on the health benefits of exercising regularly. Bringing their children for walks in the morning or evening is a good start to achieve this goal. They should become members of clubs which have swimming pools and gym facilities. During the weekend, the family can strengthen their blood by adjourning to clubs for exercise and a healthy meal after that.



In short, leading a healthy lifestyle is a conscious decision. One can ignore that and lead a life that exposes one to many health hazards. It is important to recognize that a healthy living ensures a longer life span as well as a life free of disease and complications.

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### Sports and lifestyle

Sport, what is it actually? What does it mean? Are sports those activities which appear on TV, only to amuse us? No, they aren't. Sport is actually a lifestyle.

Sport makes us healthier. It should be a necessity. Everybody should do a sport, not for performance, just for our health. Nowadays, there aren't so many children who know what sport means. Most of them stay closed in their house, in the middle of technology with no mental freedom. Instead of playing football on the console, you should go outside and play it yourself. This is funnier and healthier.

Nowadays, doing a sport can be very expensive and this should change. I heard about a girl who was very good at tennis, but her parents couldn't pay the classes anymore. She could have become a champion.

Sport is very healthy physically, but it helps you temperamentally. It makes you more competitive and more confident in your own person. Doing a sport you become more disciplined.

You can do any kind of sport from football or handball to swimming or skiing. Don't forget, sport should be a part of your life. Just write on the web the word "sport" and you will find there all the sports in the world. Choose one and start practising it tomorrow.

You will see that it changes your life for good.





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Health depends on the lifestyle choices that we decide to adopt. The secret to a healthy lifestyle is to make small changes in our daily life. There used to be a time when kids loved to go out and play with their friends. But kids nowadays are spending their free time playing video games and so on that are bad for our health and lifestyle. We should change this unhealthy lifestyle and become more sporty and active. Sports and strength are believed to be two sides of the same coin because it develops physical health and mental health. To have better results, it is very necessary to get motivated starting from a very young age. If the purpose is not clearly established, free of doubt and supported by the people around you, you'll fail.

The first step is to change your nutrition and eat more fruits and vegetables. For better results, a personal nutritionist would be perfect because he knows more about food and what's the best for your body. Learning how to manage stress successfully is an essential part in maintaining health. Living healthy is a lifestyle choice that not only will maintain the well-being of body and mind, but will increase energy. Sleep is a vital element in the process of maintaining a healthy lifestyle too. Because in that time we 'restart' our brain for being able to stay strong next day. The rest can be active too, I mean, you can relax doing something you like: dancing, swimming, exercise, reading a book, listening to music, walking with friends in the park and more. Sports are necessary, most likely from a young age because when you're young, your body is growing. If we calculate the time we spend lazing and lounging we realize that we do this in the biggest part of the day. And that is not a good idea. I know you don't have time, no one has time for sports, even those who recognize the importance of sports in life, but you can try to combine daily activities to get at least 30 minutes of exercise. But if you have time you can try sports like: swimming, football, basketball, volleyball, tennis and many others.

Remember: “The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”



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Sport is an important activity in a person's life. Through sport I understand a world where every person gets stronger and fights for what he or she wants. This activity is important, because it gets us out of our comfort zone and protects us from numerous health problems. Sport consists of physical exercises and games practiced in a methodical way, often outdoors, to develop and strengthen the body and to educate the will, the courage, initiative and discipline. If we train our body we also train our mind. Exercising every day we can bring a state of wellbeing in our life. The memory capacity can be improved by doing sport. I consider that, sport is a constant and faithful partner in my life.

A healthy lifestyle reflects upon us; we create our own lifestyle which is influenced either in good or in bad. Lifestyle is a way of living that helps us enjoy life as much as possible in many aspects. Its benefits are: life quality, active involvement in social life, harmony in relationships with others and peace. Outlining lifestyle elements are: proper diet, exercise, proper time management and giving up some vices (smoking, alcohol,...). Education is an important factor which is part of a healthy lifestyle. Healthy lifestyle means to change our way of living, thinking healthy, constructive, and positive. Healthy lifestyles is at the intersection of our goals and what we can do.

Sports and a healthy lifestyle have a special connection. Diet, exercises and positive thinking are related to the need for self-realization and wellbeing.

Your life deserves a chance!



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Sport is an activity that can influence the lifestyle, health and personality of a person. Sport has an important role in a human's life. The physical activity helps the development of a normal body. For a healthy lifestyle it is necessary to practice any sport, not a particular sport. Physical activity is a part of the normal functioning of the body and its nature, from the cellular level to a large system: skeletal, muscular, cardiovascular or articular. Nutrition and physical activity are simple things that we must respect in searching for a healthy lifestyle. Our lifestyle concerns us and defines us.

The lifestyle must be assured by healthy nutrition, physical activity, drinking water (at least 2 litres of water daily for hydration).

The correct nutrition defines healthy lifestyle. It doesn't matter how old you are adopting a healthy lifestyle improves the quality of life. Regular sport can change your life and protect you from diseases. Sport offers additional motivation and it can change you as a person.

Sports and a healthy lifestyle are the basic elements in each person's life. Without sport you can't have a healthy life. Sport is medication for the body and it helps us relax when we are overwhelmed by the daily problems. Exercising and physical activity conducted regularly are extremely important and beneficial for your health and wellbeing in the long term. The benefits of regular physical activity can be: weight control, prevention of heart disease, increasing energy and a more restful sleep.

Physical activity is also a pleasant way to spend your spare time. It gives you the chance to freely enjoy fresh air.

In conclusion, sport is the most important factor in life, forming together with a correct nutrition, a healthy lifestyle.



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I'm sure that each of us heard about sports. So, let's talk about this subject a little more, I'm sure I already made you curious.

In my opinion, each and every sport has a meaning and an importance. Your lifestyle really improves while you are practising a sport. You start caring much more about the food you eat and it really increases your energy and your strength. You will learn how to work in a team and how to be a good teammate. You will learn what the word „respect” means and you will see how happy you get day by day.

I am a basketball player and I always thought that the trainings are one and a half hour of running in Heaven. I feel like the whole world is mine, as if I have nothing to worry about, just to enjoy my youth.

Also, basketball is not as innocent as you might think. The players need to be aggressive and they need to use all their power in order to bring the ball in front of the basket and to score.

Like all the basketball players, my biggest idol is Michael Jordan. He is really famous and he is an alive legend. But if you think that he became one of the best basketball players in history overnight, you're terribly wrong. He trained so hard that he could play with his eyes closed, but he was (and he still is) very talented too. So, just look how an ordinary man reached the top by working hard.

In conclusion, I recommend you to practise a sport, even if you want performance or not, because I can tell you something that I know for sure: sport is the best way to feel happy every day, alive every minute and healthy every second.



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The value of sports such as hockey, football, cricket, tennis, badminton, rowing and swimming-all these sports and others not only give exercise to the limbs and to the whole body but also provide a good deal of excitement and entertainment. Besides the competitive element, in sports we can find a source of thrills for the mind. Not only the players, but also the spectators feel engrossed in a game because of its suspense and unexpected turns. It is for these reasons that sports form a very important part in education. A bookworm who takes no interest in sport is physically weak and all his mental excellence can't make up for his physical deficiency.

Participation in sports is extremely important, and should be encouraged much more. Children and young people in particular need to do sport so that they develop good habits that they can continue into adulthood. The main benefits of sport are improved health and fitness, and the development of social and communicative skills.

With more than a third of adults in the USA being classified as obese, and many more being overweight, it has never been more important to participate in sports. 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 person with a healthy weight or having normal 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 already eat well, it can give you an extra calorie allowance so you can treat yourself without feeling guilty about it.

Sport is probably as old as the humanity itself. It has been developing in the same time with the development and growth of the mankind. To my mind we can hardly overestimate the meaning of sport in our life and day-to-day activities, because its main purpose is to bring up the harmoniously developed generation - the generation of strong and healthy people. Sport makes our bodies strong, quickens our reaction, and shapes the wits. It also prevents us from getting too fat, gives us so valuable practice in making eyes, brain and muscles work together and makes us more self-organized and better disciplined.

In one way we can say that sport is a great motivator and makes people going out and taking exercises. It is quite common for more people to join gyms and start taking more exercise when big sporting events exist.

In conclusion I advise everybody to practice sports for a better lifestyle.



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What is sport? Sport is a competitive physical activity to maintain or improve physical ability and skills, to provide enjoyment to all participants and entertainment for spectators.

Sport can be undertaken as an amateur professional or on semi-professional basis, depending on whether participants are incentivized. From spring to late autumn I also practise amateur sport because I like riding my new Kilimanjaro mountain-bike.

I believe that lifestyle has a strong influence on health because without an adequate physical activity we can increase a series of health problems, like overweight.

But sport can also have negative effects like sport injuries, that's why prevention is very important.

Sometimes just the physical activity itself does not lead to benefits but in combination with other factors can promote a healthy life style. The physical activity had been used like rehabilitation treatment for some diseases and to prevent diseases among population.

I also believe that getting involved in sports is a very good opportunity to challenge ourselves, to meet people who share our interests.

I have been reading about some golden rules to avoid the negative effects of sport: before any physical activity we need to develop some stages: start slowly and moderately exercising, avoid overtraining, recover sufficiently after every training, don't exercise if you are ill, prevent and treat injuries, adapt sport activities to the environment, temperature and climate, be careful with the nutrition, adapt our physical activity to our age and medication, have fun while doing physical activity.

For all these reasons I strongly believe that SPORT MUST BE A LIFE STYLE!!!







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I'm a human and I am not. My life is divided into two big worlds: people's world which is for everyone and sports world which is my second life. I am a girl and I am an athlete.

At the beginning it was very hard to combine these worlds, but now I am used with this. I think that if I didn't practice a sport, I wouldn't cope with stress from people's world. For me, for my colleagues from the stadium practicing sport is form of expression and a way to escape from a dark, real world. Practicing sport doesn't mean a fit and a healthy body, it means more than this. It means going and meeting new people and talking with them, finding common points. It is also about relaxing and "taking a deep breath."

As you are a child, if you practice sport, you will not regret that you took this decision. Here you can make new friends and friendships without end. You will have a second family composed of your friends and your coach who will be mother and father for you.

Performance sport means competitions. It means emotions, but you will pass them. Why? Because you are a fighter. If you can do all this, a little emotion can't take you down. Surely it will make you stronger. So sports can help you control your emotions.

Sports can also make new characters and discipline people. Sports can switch your thinking into a better one and can put in your mind the next thing: I am the best and nobody can take me down!

I am an athlete. I know all of this. I know what sports mean. It means the best choice of my life. Just in this way I could understand myself better and find myself better. Without sport, I wouldn't be me.

Go practise a sport! Go and enjoy your life!



*This is me at a National Competition*



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### The importance of sports

For a healthy life we should practise sports approximately 30 minutes every day. I consider that sports, good food and positive thinking are very important for a happy life.

People do sports for different reasons. Some want to have fun with their friends, so they go together to the park, at the stadium. Another reason for practising sports is that they want to improve their skills. They want to play football better, to play volleyball better, and to play basketball better or any other sport. There are also people who train very hard, because they want to win competitions. These people choose a sport and make many efforts to have performances. Usually hard work is rewarded with important medals, cups and with the title of champion.

We do not have to forget about those who want to become physically fit. They want to lose weight or they want to look good. There is much fitness and gym equipment: weights, exercise bikes, etc.

It is also very important to mention that practising sports teaches you to be disciplined. This means to be punctual, to be clean, to be polite and friendly with your team mates and your colleagues.

I try to keep fit by going for a run or at least for a walk every day. I never skipped my P.E. class at school. Sometimes I play basketball with my friends at the week-end. But exercising is not enough in my opinion. I also avoid junk food and have breakfast every morning.

The positive effects of a healthy lifestyle are not just physical. A healthy lifestyle improves our mental health. Whenever you exercise, your body releases chemicals that make you feel better, both mentally and physically. People who have healthy, active lifestyles will also notice an increase in their energy levels over time and develop improved self - esteem and confidence. Exercising on a regular basis lowers the blood pressure and keeps the body's cholesterol at manageable levels.

For a healthy life do sport!



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### Sport in our lives

Practicing a sport is an amazing way to have fun and to keep your body and your mind healthy. In order to do sport, you can go to gym or you can work some physical exercises at home.

Doing sport has a lot of benefits:

- sports help building character,
- we learn how to socialize,
- we are healthier,
- it helps us to be smarter,
- balance mental work
- sleep well without nightmares
- it motivates us to go beyond our limits
- it gives us the opportunity to escape from everyday life
- it makes feel positive: to laugh, to sing, to dance,
- it helps us to have confidence in ourselves

A lot of people don't practice a sport. This is a very bad thing and the consequences are serious. Obesity is one of them. A lot of people die every year because of obesity. Obesity is caused by inactivity. If people choose to practice sport, they will get rid of obesity and prevent it.

Moreover, when we practice a sport, we can make a lot of friends who have common interests, so we become more sociable. Sport teaches us how to be friendlier, calm and it also teaches us the fair-play spirit.

The human body needs physical activity daily approximate thirty minutes. If we don't do any sport, our muscles atrophy. During exercises, blood is put into motion and it keeps our brains in better shape. A lot of children prefer computer games and do not go to play outside. They don't like socializing or spend time with somebody.

Sport is very important! Do sport! Don't let the physical inactivity destroy your body and your mind!



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In every man's life sport needs to be in the first place. When we do a sport we don't just relax but we also make a physical condition that will prepare us for the rest of your daily activities.

In my opinion a healthy lifestyle must include:

- rest
- healthy nutrition and hydration
- work but also movement
- education
- a part of nature-freshness

I think combining sport with healthy lifestyle, we become healthy people and we are ready for any challenge. Whenever we have free time, it is best to do more sport. You also need to give up on fast-food and try to replace the unhealthy food with fruits and vegetables.

Some people use unhealthy food as a comfort for the bad moments but they don't realize that they do more harm. Fatty people blame themselves for their appearance but in fact the fault is the unhealthy lifestyle to which they have control but neglects it considerably.

All people who do not practice a sport and haven't a healthy lifestyle must open their eyes, take the reins in their hand and let go on the right path in life.

In conclusion, a man who takes into account all of these factors is definitely healthy, lively and last but not as least...happy.



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“Mens sana in corpore sano”

In my opinion, any kind of sports represents an activity that can influence the lifestyle, the health or the personality of a person. Life without sports cannot exist and it is impossible. It is important to do exercise and to practice a sport if a person wants to lead and have a healthy life.

Firstly, doing sports is a way to occupy your free time with activities that help you maintain your health, develop certain skills and encourage you to make friends and have fun at the same time. A person who is involved in sporting activities will feel more confident and better; will have more energy, self-esteem and zest for life. A person who does sports learns to be part of a team. While working in a team, a person learns to be more sociable, more communicative and of course, to work for the well-being of the team which is one of the most important things. Thus, a person involved in sports can actually learn to be part of a community because a team represents a smaller community and in the future the person will benefit from it because he or she will become a strong member of the community who will be eager to work for the prosperity of his community as he was taught as a member of his sports team.

Secondly, a teenager or a child who practices a type of sport will develop other abilities, not only physical ones, such as: precision, better reflexes, coordination, strength, endurance and even develop his or her critical thinking because some sports imply developing strategies in order to win. For example, football helps people develop their muscles and reflexes, but it can also develop one’s precision, accuracy and strategy, and even decision-making as a person needs to decide fast what she or he is going to do next before the opponent tries to block the attack. Football is one of the most popular sports and is indicated for people because it represents an effective way in which somebody can relax, strengthen his muscles, his physical endurance and develop his strategies and critical thinking.

To conclude with, sport is very beneficial for the body, the mind and for our health.



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### **Sports and lifestyle**

Sport is an enjoyable and recreational action which contributes to the harmonious development of our body and maintains the body healthy. From my point of view everyone should practice a sport because it makes your body beautiful and healthy.

First, I believe any sports contributes to the harmonious development our body, protecting us from obesity and influencing all muscle groups. For example, swimming is a sport which works all your muscles.

Secondly, regular practice of a sport makes an essential contribution to maintain the health of our body. For example, thirty minutes of daily exercise improves your blood, strengthens the heart muscle, and oxygenates the brain and the reaction speed of the body. In tennis the reaction speed of your body is essential. You have to go where you think the ball will fall after it leaves the opponent's racket. Left hand players approximate faster what the opponent wants to do than right hand players.

Better circulation of blood is another essential part of sport. Running protects us from obesity which leads to a better circulation because the veins are not loaded with fat. But for a healthy body we must have a good lifestyle too. If a man wants to live for long time, he must also eat healthy food. The best lifestyle is a healthy one. Make the right choices. Choose a healthy lifestyle. In life you always have to make sacrifices. Choose to make sacrifices for your body and for your health.

In conclusion, I believe sport is essential in everyone's lives as it brings only benefits to our bodies.





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### Sports and Lifestyle

Nowadays life is becoming more and more stressful. People live under the pressure of various social, ecological, economical problems. They constantly suffer from stress due to noise and dust especially in urban places. In order to overcome all difficulties, a person should be strong and healthy, take care of their physical and mental health. There are several ways to do that. Sport has a main importance. In my opinion, there are certain benefits of sports that people often do not consider: health and enjoyment.

The first advantage of sports for people is that they help people be healthy, and be fit. According to the research done by scientists, sports have proven importance for our health. A study suggests that 70% of middle aged population who did not practice any sports in their youth are now struggling with health problems such as high blood pressure, bad blood circulation, and tiredness.

The second advantage of sports for people is that they bring entertainment to our daily lives as an example: the international competitions. People have been playing sports from ancient times. For example, have you ever thought why people want to play football or other games? The answer may be easy since sports are entertaining. They are sometimes magic, they capture our attention and fill us with joy. Sometimes, overwhelming life conditions may be unfair and make us unhappy. However, if we engage in a sport activity when we are unhappy, we will probably find the motivation we need and feel refreshed again. This should be the most important benefit of sports because many people are practicing sports for this very reason.

Another advantage of playing sports is that they contribute to a country's economy. First of all, if we take a look at the football industry there are more than a thousand professional teams and one team has at least 25 players. If this is calculated, there are approximately 25,000 players without the additional staff, scouts, coaches and managers. This is one of the largest industry which employs many people.

All in all, we can conclude that there are several advantages and benefits of sports. First, sports are contributing to people to stay fit, smart, and good looking. Second, sports are entertaining due to many facts. Third, sports are a huge market for countries' economies. I hope that, in the future, everybody will consider sports a necessity rather than a luxury.





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### Sports and Lifestyle

In the past, people were healthier because of the sport they did every day. But now, because of the advanced technology sport isn't practiced that much in a person's life. Anyway, we can practice sport by using stairs instead of elevators or we can walk and ride a bike instead of driving. Sport makes your life longer! Athletes are healthier than normal people and have a more beautiful and happier life.

Handball is one of the most attractive sports which makes you love sport in general and practice it more often. Normally for practicing a sport of performance you need passion, determination and of course a lot of work and training. When you begin training you need to warm up very well so that you don't get hurt, especially at the beginning of the career because of not having enough training. In sport you don't always have to try to be the best of the team, you have to be the best you can be so that you feel proud of yourself and for helping your body cooperate with you in a healthy way. In sport, as in life, we don't have to be better than others, we have to be better than ourselves every time, better than yesterday.

The most important competition in sports are the Olympic Games. For this competition it is very useful, to participate not to win a valuable medal, so winning isn't the most important goal in a competition, the participation is. Like in life, triumph doesn't matter so much, the battle does. You don't have to win all the time, you have to fight well and fair. For example, a goalkeeper has to run on the field like the others and he or she has to be the master of the gate and the ball.

Any sport helps the body be healthier, happier and smiling let's say. Through sport, we can have fun and get closer to those around us. For example, a group of friends can go out for a run or play handball or football. I run so I exist, an old saying which can guide us! Sport is the most important thing in a human's life. Without sport, life isn't anything. To be always in a good shape means to be healthy!





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<b>Teacher:</b>	Kiss Irma

### SPORTS AND LIFESTYLE

First of all, I have to admit that I hadn't been into sports before, until I found out more about it.

If you play any sports, you're living the best lifestyle. I play table tennis. I don't feel like I'm doing it for my parents, or my trainer. I'm doing this for me, because it keeps me healthy and relaxed and I really enjoy what I do. Of course, there are some tough days, too, and if you don't win the game, it makes you feel like you're not good enough. But you are.

Sports make you understand the power of team work and they prepare any person for the future much more than you think. It doesn't matter which is the sport you choose to play, but you have to be serious and hard-working. There is no such thing as useless sport. You socialize with people and start to see the world from different points of view. Your brain doesn't relax and you keep yourself in a good shape. You know that you've chosen the right sport, when you feel like you could do it for the rest of your life, without getting bored at all.

You can become a smarter, healthier and a better person, or whatever you want to become, just by playing any sports. Stop eating junk food and stop watching TV all day long. Take care of yourself, and instead of doing unhealthy, time consuming activities, go and get a bicycle and rock the highway.



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### Sports and Lifestyle

Everyone says that sports are extremely important. But do they really know why, or are they saying this just because they've heard it from somebody else?

Besides their importance in maintaining our health, alongside with a varied diet, sport have other benefits in our lives. Of course they help everybody, no matter their age or gender, but they are very important for people with diseases. You may think: "But some people have diseases that don't allow them to move." That is also true, but just because they can't move, it doesn't mean they can't do sports.

For example, my cousin has a disease called Spina Bifida. That means he misses a part of his spinal cord, so he can't move the lower part of his body, which is also quite undeveloped. But despite his illness, he does sports every day for a few hours. It doesn't matter what kind of exercises, but it's sport, and it helps him a lot. He has also learned to swim, and he actually swims better than I do. His special swimming trainer helps him a lot, too.

If he did not do his exercises, his muscular power would decrease even more, and God knows what that could cause. If we did not move or exercise either, the same thing would happen to us. For my cousin, sports represent another chance for a normal life, without bullying, without always depending on others.

We should do sports and we should appreciate them more. Sports are extremely important for us, directly or indirectly, and not just because our friends told us so. They are important because they keep us and the ones we love alive, and we shouldn't forget that when we tell someone: "Sports are important".



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### Sports and Lifestyle

I was staying on the sofa, watching TV. There wasn't anything interesting to watch, so I changed the channels, I couldn't find anything. Suddenly I found a channel where was scattered a figure skating competition. It looked interesting, so I watched that competition. There were many talented and professional skaters who were dancing there, on the ice... That was very beautiful. That was the day when I knew what sport I would like to practice...

After watching that figure skating competition, I wanted to practise that sport. So, I went to a skating park with a huge ice area, and there, a skater taught me how to skate. And that was how I learned to skate. I thought that skating was a relaxing and funny free time activity.

This sport is a little hard to do, but when you learn how to practise it, it becomes very funny. And, like any other sport, it is healthy to skate and it is a good way to keep you healthy with fun.

Sport is very important in our lives and it has a very good impact in our life styles, and I found the kind of sport that I'd like to practise. I can say that figure skating is an interesting sport which is a very beautiful amalgam of two great arts: music and dancing.

And, when I'm rolling, I can say that I'm dancing on the roles. That winter and these two sports have changed my life for the better...



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Sports are fun, sometimes. I'm not that big fan of sports or doing sports in general, but they can be pretty fun sometimes. Sports are a way of spending time and having fun, while still keeping your body healthy and good looking for the ladies (or guys, I don't judge). Every sport has its ups and downs, for example football, it can be very fun to play with a good team but it is also very unforgiving on mistakes so you must pay a lot of attention while playing because it can cause some stress. In my opinion there is a strong connection between sport and each person's lifestyle because sport makes you become a more responsible and disciplined person. Let's not forget the old Latin saying "A healthy mind in a healthy body" or the words of Maka from Soul Eater "A sound soul rests within a sound mind and a sound body"

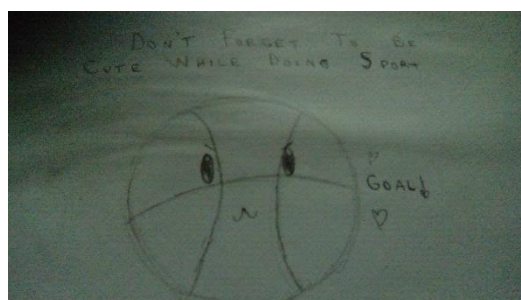
There aren't only outside sports. There are also sports that are meant to see how smart you are (for example chess). Sports are also meant to keep your body healthy and in a good shape. Only doing sports isn't going to keep your body in a good shape; what you usually eat is very important too. Your body needs nutrition too, you know. Doing sports like football, handball, basketball, tennis, etc. also improves your attention span and your reflexes. I don't really know what to say because I'm an awkward couch potato but I do know that doing sports daily, going to the gym and eating healthy food is good for your body and health. On the other hand, doing too much sport can be bad too. Your muscles will get tired and start hurting so don't push yourself over your limits.

With all this being said I wish you good and healthy days and good luck.

Stay healthy!

Stay strong!

And be yourself with sports and a balanced lifestyle!







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<b>Teacher:</b>	Ianoşi Cristina Laura

A healthy lifestyle is not based only on eating vegetables. It is based on sports, too. Sport is very important in our lives. Sport can relieve stress and depression. Sometimes when I feel sad or I am stressed, I go in the backyard and give some buckets.

Specialists say that sport helps you concentrate more. Which is really true. Before I started playing basketball, I was not focusing at all. Now I can concentrate on something very easily. Even our mood can be influenced by sport. I get angry very fast. Basketball is for me a kind of therapy. It helps me relax and helps me think clearer.

For a while, I couldn't play basketball due to an accident. I was very sad. I could no longer do anything. Sport for me is a way to separate from problems and worries. I couldn't practice basketball for two months. The worst two months of my life. Finally, the time passed and I was able to resume the programme.

When I was little I didn't practice sports at all. Now I can say sport changed my life and I love it. Weird, huh? And it all started from a video game. More specifically, NBA Live 2010. I still remember when my cousin asked me if I wanted to try to play basketball in real life... so here I am, a basketball player in the school team

Kyrie Irving said "Basketball isn't a game. It's an art form. You master the fundamentals so you can forget 'em, so you can improvise and just concentrate on what really matters: getting buckets".







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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Erős Alexandra Monica

### Sports and lifestyle

Some people often choose to practice a sport for a healthy life. Whatever sport you take into account, move helps your body to be healthy, equilibrated and fit and your mind to relax.

The most challenging sports like swimming, football, basketball, athletics to regular night-time jogging are as good as doing either of them to equilibrate us. Here we do not talk only about losing weight; we also talk about the mental and spiritual balance. Sports help connecting the mind and body. For example, yoga is believed that increases the strength, focus and flexibility of the athletes. You learn to feel relaxed under all kinds of situations, making your mind become more centred.

However we tackle the problem, you need sports so you can be happy and have a good life. Every sport develops a part of the body, thus it is good and recommended to try every kind of sports, not only in a professional way. Sports should not be seen as something you must do. Parents usually force their children to practice a sport, but things do not need to be like this. The little ones should be able to choose the activity they are interested in, even if some people claim that you do not choose a sport, it chooses you.

My advice is that everyone should practise some physical activities because they improve your lives. Nowadays, one from three children is overweight. There is a connection between sport and food, even if you are not aware of this. If you eat too much and do not move, you will put weight, but if you eat moderately and move, you will not stress anymore about our kilograms.

I strongly believe that sport means a lot in our lives, so come on, let's do a sport. My slogan is: "People, move!"



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<b>Teacher:</b>	Lorina Poenar

### Sports in my life

To begin with, I am an active and energetic person, so I practise sports on a regular basis. For me, practising sports is the best thing I can do, not only because it is the healthiest thing, but also because it relaxes me a lot and I really need to loosen up, especially these days, being a student in the 8th grade.

I have always practised sports, ever since I was very little, because my parents kept telling me that sports protected me from disease. Indeed, it's very important to practise a sport as a child, because it helps your body's development.

Furthermore, kids' character and moral principles are formed through sports. Playing sports enables us to create friendships we otherwise might not have formed. For instance, I have many friends I have made while practising different sports. Moreover, children who are actively engaged in sports can be good role models for their peers from school, since they learn what fair play is. Students learn to respect authority, rules, team colleagues and opponents.

You don't have to spend money to go to the gym, because you can do some exercises at home, in the garden, or even in the park. If you don't know what exercises to do, you can look on YouTube or Facebook. You'll find a lot of good exercises.

These days, sports help me improve my memory, since I have to study very much for my exams. There are a lot of studies that talk about sports being good helpers for memory and I totally agree with them.

It is a fact that you need a lot of time to practise sports, but they will help you focus more when you do your homework, so it's worth doing a sport instead of wasting time on social networks or surfing the net.

Finally, I would recommend everyone to take up a sport, or even try more sports, like I do, since we all need movement and exercise to have a balanced, healthy life.



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Ciocan Raluca-Petronela

### Why is sport so important?

I think sport is very important for us, because it is very good for our health and for our brain, making our lives better in many ways and influencing them in a positive way.

First of all, sport is important for our health because it helps us stay strong when we have to fight viruses or diseases; I mean it makes our immunity system stronger. For our brain, it is also important. Some people like me find sport a relaxing activity because it helps us have a clear mind and after you run for an hour, for example, you will understand really fast the lesson that you have to prepare for the next day.

What's more, sport is not only a simple activity. It is a lifestyle. If you practise any sort of sport, you are more organized and disciplined. When I said “if you practise sport” I meant with a teacher or a trainer or with someone qualified to teach you the rules of the game or of the sport, what techniques to use, what protective gear to have in order not to hurt yourself. If you try to learn on your own, without the help or advice of someone qualified, then there is a very big chance that you will not be disciplined and organized.

Moreover, I truly believe that a person who loves sport will take better care of himself because he understands how essential it is to have a healthy life, to eat healthy, to exercise, to sleep at least eight hours a day and to avoid sugar, salt and fast-foods. Someone who does sports dedicates a good part of his free time to go to training, to practise or to exercise. That person will feel more energetic, full of life, relaxed and easy-going. If a person is not involved in sports, his life will probably be more stressful and boring. Unfortunately, at school we do not have enough time to play football, tennis, handball or volleyball and it is not equipped with the necessary devices or equipment to play other games. Since we have only one class a week, I cannot say that school encourages us to have a healthy life and that is exactly what school should do: encourage people to lead a healthier life. I hope this will change in the future.

In conclusion, sport is very important and everyone should acknowledge its importance. We should live life to the fullest, enjoy sports and outdoor activities. I think this is the key to a long and happy life, a life without regrets, without worries and stress.



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Muntean Iuliana

### Sport in our life

In my opinion, sport is one of the most important things in our lives. Why? Let us have a look at a few reasons.

Sport makes us healthier. It is a reality that in the absence of sport the chances of being obese will greatly increase. Sport is popular among people of all ages because it really is the best way to keep fit.

To practise a sport or to play a game is a very good idea because sports and games create a sense of discipline and a feeling of togetherness. With a proper training, a shy student can become active, adventurous, dashing and, above all, more capable of meeting the challenges of his/her future life. Sport can teach you how to handle failures with dignity.

As for me, I have been practising football because I really love this sport! It has always represented for me a way of making more friends with whom I can share the same hobbies and interests. Moreover, football has developed my spirit of competition and has helped me to become more efficient as a team player. And – who knows? – it might turn into a wonderful profession one day.

Sports are also a source of recreation as they provide a sense of relaxation. While practising a sport you feel relaxed and all your problems seem to be gone. In conclusion, sport has a strong influence on our brain.

“A healthy mind in a healthy body” says a wise Latin proverb which best describes how important sport is in our life. I hope everybody agrees with this. All children should realize the tremendous benefits of sports. Enjoy sport, everyone!



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<b>Teacher:</b>	Ciocan Raluca Petronela

### Sport and a healthy lifestyle

In my opinion, sport is important, not just because it is healthy, but it is also a very good occupation for children who always stay in the house in front of the television or on their computer playing tiring and violent games which will only increase their levels of stress and anxiety, instead of relaxing them. Doing sports is an excellent option for children and parents who want to make sure that their children will have a happy and healthy life, surrounded by friends.

Games and all types of sport can be practised by people of any age. It does not matter how old or young a person is, there is at least one sort of sport which is suitable for every person. A person should be able to do sports at school, at home, at a gym or even in the park. That is why, in my opinion, public parks should be equipped with various sport equipment for those who cannot afford to go to the gym in order to practise sport. In this way, local authorities will encourage people to do sport and to have a healthier life and of course it will make people more aware of the importance of sport for people's lives. Imagine: you go to the park and see older people who run, children riding their bicycles and adults doing gymnastics. At that moment you will feel the urge or the need to do the same. Other people will feel the same thing, too and in that way more people will take up sport and the world will be a better place with happy and healthy people who are always enthusiastic and who will be able to enjoy life and to appreciate sport and its importance.

Nonetheless, I feel that in my country the government does not do anything to encourage sport and a healthy life. Children should benefit from more outdoor parks equipped with fields, pitches or courts to practise any kind of sport. At school children should also do more activities involving travelling, walking, exercising. Teachers should also outline the importance of sport and should encourage parents and advise them to be part of the school's basketball or volleyball team, to go out more with their parents. By doing this, children will understand how important sport is for their health and in the future they will turn into responsible adults preoccupied with their healthy lifestyle and will teach the next generations how truly important sport is.

All in all, these are some of the reasons why sport should be considered very significant for people's lives and should be encouraged and practised by everyone.



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<b>School:</b>	Colegiul Național „Iancu de Hunedoara”, Hunedoara
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Kiss Irma

Have you ever wondered what would happen if all of us began to practise sport every day? Do you think that it would be a good change for our health? Well, I think it's a good change. I think practising sports and eating healthy food are two important elements in having a healthy lifestyle.

Why did I say that practicing sports is important for a healthy lifestyle? Firstly, it gives us energy and this energy helps us to do what we plan to do that day, so sports make us be more active. If we practise sports during the day, we will sleep better and we'll have a calm sleep. So another role of sport in our lifestyle is to make us rested. Sports also help us to keep our mental health balanced, because mental health and physical health are dependent on each other and if you practise sports every day, you'll maintain your physical health and in the same time the mental health, because your brain will be more oxygenated and it will be able to think clearer.

Sports help us to keep our health, but in the same time they help us to be happier. We all know that sports make us fit, so when we see that our body is well-worked, our self-confidence will grow and we'll be happier and our mood will always be a good and a positive one.

We see that sports help us both in physical health and mental health, but also in keeping our mood positive, which are the secrets for a healthy lifestyle. Sports are very important for all of us and for our life, so I would be happy if I saw that people want to make this change to improve their lifestyle.





<b>Student:</b>	Iancu Larisa
<b>Grade:</b>	8 <sup>th</sup>
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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Peter Daniela

### Basketball and lifestyle

When you love something, you never stop doing it and if you like basketball you do anything you can play it all the time. It is a game of skill and agility and it is a lifestyle that keeps you fit. Although not everyone is passionate about basketball, this doesn't mean you don't play it at least once in a lifetime. This game makes you feel like flying when you lie down and jump to throw the ball through the ring. This feeling is a hundred times magnified for those who are fond of this sport by coming back to earth.

Sports bring you many benefits in life as well: they increase the resistance of the heart and lungs, they improve blood circulation in the body, and your metabolism accelerates causing loss of weight and preventing obesity. Sports also make your muscles fit, improve body coordination, and strengthen joints and lower limbs. Sports can be practised by both children and adults.

Basketball is one of the best choices whenever you want to practice a sport that keeps you in good shape and helps you be well educated at the same time. It teaches children that they can win or lose and they have to behave according to the circumstance, accept the fact that others can win and sometimes you get to be defeated. Either way, sportsmen show fair play, that is something precious you gain too.





<b>Student:</b>	Ilie Alexia
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<b>Teacher:</b>	Kiss Irma

Everybody knows the word “Sports” and the meanings of it, but few do a sport or know their importance in our lives. Sports aren’t only hobbies or things that make you thinner, they are actions that make you feel better, that relax you and you can meet people and make friends.

Sports can help with coordination, can teach abilities, and help concentrate or just have some fun. A lot of people play sports and they have a healthy body and more energy and patience.

What’s more, sports can relax you in the easiest ways. They keep you active in mind and body, because you want to win. Put some music on and offer yourself a prize, like chocolate or a coffee and the game will be more fun. Another reason to prove sports can relax you simple, and only the people who do sport know: sometimes sports exhaust you so much, than you can’t even think about the problems and you just try to get rest or water.

Sports can help you even with hand-eye-foot coordination and they make your reflexes better. One wrong move can be in the opponent’s advantage. Sports teach us to take the blame, because if you didn’t, it would not be OK and if you try to slap the opponent when the game starts, you will be considered unfair. In all the games you have to be fairplay, you have to respect the rules and the other players.

Sports are very important even if many prefer games and computer games. These influence children negatively, while sports are fun, like hide and seek or catch-up. Nowadays, things are different, kids don’t play outside or play sports and this is very bad, because they can’t socialize and I’m more than sure they will have brain, but they will also have a bad physical condition. Sports make us have friends: the easiest way is to go at some Sport club and speak with kids.

Sports are very important in our lives, not only because they makes you healthier but because nobody can live without sports. Even when you run, dance or make some effort you do sport. But sometimes it is hard to practice one, because time or some problems don’t let you, but we have to remember how we can become if we don’t do any sports.

So the conclusion is: SPORTS ARE VERY IMPORTANT AND WE CAN’T LET THEM DISAPPEAR ONLY BECAUSE SOME ARE TOO LAZY.



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Ianoși Cristina Laura

Sport is very important in our lives. Sport can influence your lifestyle, health and human personality. It helps us be smarter, it motivates us to exceed our limits, lengthens life and its quality. If you don't practice sport and your alimentation isn't right, then most likely you will become fat. A performance sportsman is very careful with his nourishment.

"Mens sana in corpore sano" is a Latin phrase, usually translated as "A sound mind in a sound body". If we include sport in our daily life, the metabolic rate will grow significantly, in other words, the amount of energy used by the body, in any moment, will be much higher than when you lead a sedentary life. We all know how beneficial is sport and how good you feel physically and mentally, after an exercises session. We are told, when we are still small, to do sport regularly, especially because in this way we better prepare ourselves for when we grow old.

The purpose of sport is to awaken and to freshen up the spirit, the character, to elevate feelings, to shed light on the features without which our lives would not be fulfilling. Sport means ambition, joy, unity and selflessness. Regarding life as a sportsman, the moments can be magical as long as you live to compete with yourself, to define competition as a factor of sincerity towards perseverance during workouts and a dream during the game. Sport and a healthy lifestyle are basic elements in human life.

"Who I am" and "Who I want to be" are separated only by my actions.





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<b>Teacher:</b>	Muntean Iuliana

### **Sports - an important aspect of our life**

Sports are good for us because they help us stay healthy and fit. Practising a sport is fun and a favourite activity for many people around the world. It provides us with enjoyment and also freshens up our mind. Sports help our body to function smoothly and more efficiently. They strengthen our body and promote good health. People who do sports do not have problems with their muscles or their bones.

It is a fact that physical activity prevents various diseases like heart attack or respiratory problems. Apart from that, sports and games help maintain the immunity. They help us release water and fat. Another benefit of sports is the fact that they relieve us from pressure and help us relax after a hard day. I love going to the gym in my free time! I feel great afterwards. More than that, I feel more confident and optimistic. And...more beautiful. ☺ I also like walking a lot and jogging outdoors. I try to do this every day because it has a positive effect on both my body and my mind.

Sports develop interpersonal relationships. I have become a more sociable person. I have much more friends now. We go to competitions together and we have great fun.

Therefore, sports are extremely important for me and for all of us. My advice for each of you is to start practicing a sport right now. Do not waste your time in front of the computer all day! Choose a sport! You will never regret it!



<b>Student:</b>	Ivanik Ștefana
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<b>School:</b>	Școala Gimnazială „Matei Corvin” Hunedoara
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Erős Alexandra Monica

In my opinion, our life changes when we practise a sport. There are lots of benefits beyond physical activities; we only have to choose the one that suits us.

First of all, we can meet new people during sports class. We tend to relax when doing physical activities; we are more open and interested in making new friends. We will get in contact with people who share our interests and we will be a team.

Secondly, I think one needs discipline and a lot of coaching when he practises a sport. It may seem difficult to cope with all training, strictness and that is why we need a good mentor. For example, tennis is very hard. Sometimes I feel very tired, but I never give up.

Speaking of me, I play volleyball, football, basketball, tennis and handball. My favourite sport is tennis, and I think I am pretty good at it. I go to the tennis court on Monday, Wednesday and Thursday. I have been playing tennis since 2014. I won two important prizes: the first and the second prize at the National Championship.

In winter, I go with my family on the mountain. There we go sledging, skiing and hiking. We make snowmen and fight with snowballs. During the summer holiday we go to the seaside. We play football, volleyball and handball on the beach, and we swim in the sea.

I strongly believe in that saying: "healthy mind, healthy body". It is a pity that sports are not so encouraged in our country, but we can still do something regarding this. Especially children like me.



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<b>Teacher:</b>	Baciu Diana

Playing sports is an emotional, mental and physical adventure. There are so many sports around, like: football, basketball, golf, hockey, skiing, canoeing etc.

Here are some benefits that sports bring. Practicing sports offers many health benefits, and they also relax you. They build self-esteem and they help to boost self-confidence. Sports can provide a unique opportunity for you to learn and appreciate the importance of teamwork. Sport can help you manage your weight whilst giving your muscles a good workout. There are dangerous sports like boxing, rugby and motocross. You may get hurt by practicing them but in the long run it's worthy.

Lifestyle is a way of living as individuals, families (households), and societies characterized by coping with their physical, psychological, social, and economic environment on a day-to-day basis.

Lifestyle is expressed in both, work and leisure behavior patterns and (on an individual basis) in activities, attitudes, interests, opinions, values, and allocation of income. It also reflects people's self-image or self-concept, the way they see themselves and want to be seen by the others. Lifestyle is a composite of motivations, needs, and wants and it is influenced by factors such as culture, family, reference groups, and social class.

I hope to live a healthy lifestyle with many benefits, in the future!





<b>Student:</b>	Kiss Erika
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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Govor Cristina

### **Sport, lifestyle and health**

Lifestyle has a strong influence on health, in both negative and positive ways. Adequate physical activity is important for health, but a possible negative effect of sport and physical activity is the risk of incurring injuries, including sport injuries.

Overweight, for which inadequate physical in as important risk factor, is becoming an increasingly urgent problem in healthcare. Within this research line various projects that are being carried out concentrate on the prevention or reduction of overweight and obesity, also among workers and children.

Humanity is nowadays taken by assault by different dangers that can cause diminution of life expectancy. If 100 years ago the life expectancy was 80-90 years, nowadays it diminished at 60-70 years and unfortunately there are countries where life hope is 40-50 years due to a poor manner of life or to various epidemics. The notion of healthy life becomes more discussed including aspects as a healthy mind and healthy body.

Sports are the physical activity done in particular ways of style and all are named accordingly. Indian government has made compulsory playing the sports in the schools and colleges for the student's welfare and good health as well as improving mental skills. Participation of the children in any of the sports is very necessary and important. Students should be encouraged and motivated by their parents at home and teachers at schools. If is necessary for the growing children so that they may develop good habits and discipline which they may continue to they adulthood and pass it to the next generation. Sports play a great role in improving and maintaining the health and fitness, improving mental skills and concentration level as well as social and communication skills.



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<b>School:</b>	Colegiul Național „Mihai Eminescu”, Petroșani
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Raica Luciana

In my opinion, sports are very important in our life because they help to make us stronger and healthier and help us with some medical problems. I am absolutely sure that doing sports is the best way to keep fit. There is always a kind of sport which could make us happy. An example is basketball. This sport helps us be taller and healthier. Or football, which helps us run more without being tired. There are a lot more really great sports. Like tennis, swimming, golf, hockey. An important sport attraction is to be competitive and to be the first. I know that it's very hard to become a good sportsman. You need a lot of work and you will be stressed, but all this work will be worth in time.

Sports also introduces players to new people, creating a friendship. These friendships must become teamwork, a necessary tool for success in life. Some people see sports as an art. It takes time, and talent to get as far as possible. Studies have proven that playing sports during the school year can improve the student's life. Practising sports protects us from obesity, heart problems, diabetes and so on. With sports, we can teach people to create goals, and to work hard to reach them. Without goals, we have nothing to look forward...





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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Raica Luciana

### **Mens sana in corpore sano**

Nowadays, most of the people tend to have a disorganized life and to forget about the importance of practising sports. Lately, more and more children and adults seem to forget about eating healthy and eco food, choosing instead Fast-Food. The consequences of this lifestyle are tremendous.

First of all, I consider that sports are essential in our lives in order to keep fit. Sports help you improve your mental skills, concentration level and your ability to coordinate yourself better. In addition, sport means self-discipline. When you practise a sport you become more organized and you are able to deal with problems more easily. Playing sports on a regular basis prevents many diseases and disorders of the body organs, especially weight and heart problems.

Secondly, there is a lot of discussion about having a healthy lifestyle. But, what does it mean to be fit? In my opinion, it means: cooking healthy food and eating it at a proper time, avoiding junk food, doing sports, practising a lot of exercise and having the suitable weight. Exercise plays a vital role in keeping your body healthy. Exercising doesn't mean just a simple and slow walk. You can go running, do cycling, or many others activities. Your daily exercise must be 30 minutes. The idea of having a healthy lifestyle starts from childhood. That is why, it is the parents' responsibility to provide their children enough opportunities to develop as healthy as they can.

Last, but not least, maintaining a healthy body is not easy, but at the same time, not that difficult. A very important tip to keep you fit is to have a daily program and, surely, to respect it. For instance, make sure you have your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. Also, you must drink at least 1 liter of water per day or your body can become dehydrated. The best thing is to respect the daily program and, also, to do a lot of sport!

In conclusion, the following proverb is true: 'Mens sana in corpore sano!'



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Ianoși Cristina Laura

In my opinion, sport is a lifestyle and an important activity in everybody's life. Sport helps a lot in physical development and also the mental one, but we need to take care of our lifestyle. The lifestyle is framing in the sleeping hours, the good eating and with the recreational activities that a person chooses.

First of all, I am not one of the biggest sport lovers and I don't have the most athletic body, but I try a few days a week to walk, sometimes I run for 30 minutes. Indeed, it helps me very much, I see I can rest more during sleep, the school results are higher because I can concentrate more.

Secondly, I believe that every person can find their favorite sports activity which they will enjoy practising. For example you can play football, tennis, basketball, volleyball or you can do athletics, sports dances etc.

About lifestyle I can say that everybody should find their comfort regarding the alimentation and sleep. I can't stand aggressive diets, but a little change in the daily meals won't harm you. My proposal is chewing well the food and eating peacefully, drinking a lot of water and eating fruits and vegetables every day. I eat salad every day, I like "Caesar Salad", "Fruit Salad", "Chicken Salad", "Arugula, Tomatoes and Cucumbers Salad" and "Only Vegetables Salad". It's a universe of salads, you just need to try them. I'm sure you'll find your favourite! Another thing I'm sure you'll like is to prepare your healthy food. It's just like turning on your favourite music, wearing your most comfortable clothes and I swear you'll feel yourself in seventh heaven. After this activity you will be more rested, concentrated and you will be a better person.

In the third place I could count the people you meet, the music you listen to and the clothes you wear. The lifestyle means how you choose to spend your time. I don't believe there's a person who wants a bad or boring life, and if you don't want a bad life you should remove the things, the people, the clothes and the music that don't make you a better person. Just be yourself. Don't let yourself influenced!

So practise sports, have a healthy lifestyle and you'll have a happy life!!

**WE CAN DO THIS!!!**



<b>Student:</b>	Maschio Mihai
<b>Grade:</b>	7 <sup>th</sup>
<b>School:</b>	Colegiul Național „Mihai Eminescu”, Petroșani
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Raica Luciana

My favourite sport is skiing. Even if it takes a while to learn it once you got used to it, it brings you a lot of fun. It is also a very healthy sport because it's practiced in open area up in the mountains where the air is always clean and fresh.

I also like skiing because I like speed and you can go very fast. I took my first ski lessons when I was six years old and since then I have been skiing every winter. My advantage is that the town I live in is located in a mountainous area so I can go skiing every weekend and during the holiday I can go every day.

Because it is a sport that can get you serious injuries, it is very important to learn it from a skilled monitor and to always wear appropriate equipment.

Skiing is a lot of fun and it also develops leg muscles and balance.

Here I  
the right  
this  
with the  
my face,



am in  
corner of  
paper  
smile on

practising what I love best.



<b>Student:</b>	Mateş Andrei
<b>Grade:</b>	5 <sup>th</sup>
<b>School:</b>	Şcoala Gimnazială Hărău
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Peter Daniela

### **Basketball and lifestyle**

I like sports. Most of all I like basketball. I am the best player and often take part in different sport competitions.

Basketball is a team game. It is played in any season because you play this game indoors. It is played in a gym. But sometimes you can see streetball - basketball in an open air ground. There are two baskets in this exciting game and only one big orange ball. Players must throw the ball to the basket and get to it to score a goal. There are two teams with only five players.

Many people are keen on sport because it makes us healthier and helps us to be fit. While you play any sport game you are active and it helps you to burn many calories. Basketball is an active game. It makes people strong, healthy and energetic. It is a game for everybody, even for disabled people. In my opinion any sport is risky and dangerous because you can injure your body. Basketball is risky too because every minute you can break your arm or leg or get another problem with your health. You have to be healthy and quite tall to be able to throw the ball into the basket. I like playing basketball most of all. And I am a basketball fan too. I enjoy watching matches on TV and at the gym. I have been to the gym. It was the greatest game I had ever seen.



<b>Student:</b>	Micu Daiana-Mălina
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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Barb Valentina-Maria

There have always been different opinions about sport and its connection with the lifestyle, because there is a strong connection between them from my point of view. Since the creation of the world, man was created as a being who always submits effort or sport as an important way to provide food and existence. But now, many times, we are used to getting whatever we want without doing anything and people always find a reason for not doing any sport.

Work is very important both in choosing your own lifestyle and in sport. I believe this because sport, not only that helps you keep fit, having the dream body but also in mental status, it removes stress, eliminates sleep problems and psychiatric disorders. Other benefits of sport are: it also reduces the risk of cardiovascular diseases and the blood pressure and of developing high cholesterol and it reduces the risk of developing diseases such as cancer and diabetes.

Nowadays, people always find reasons not to do sport. This bad habit slows our metabolic function. In addition to all these things, we consume processed food; this thing always leads to an unhealthy lifestyle which will certainly cause health problems.

For having a healthier lifestyle we must, as the medical advice also says, do sport at least thirty minutes every day, but activity should increase gradually. As an example, for the beginning it would be better to start with some easy exercises and in time to add exercises



increasingly. In the same time rest is very important for each person's life. It helps us regain strength after an ordinary and tiring day.

The healthy food also contributes to a better lifestyle. The food we eat has an important effect on our health and lifestyle.

In other words, lifestyle is sum of small choices we make every day, which have an impact on long or short terms.



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<b>School:</b>	Școala Gimnazială Nr. 4, Vulcan
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Govor Cristina

„Mens sana in corpore sano”

It's good to know that sports improve the quality of life and that it is something everyone needs.

First of all, sports help the normal development of our bodies. Other benefit of sport is that it brings us a state of wellbeing, tranquillity, eliminates stress, insomnia or psychical disorders. Sports give us a healthier life and prepare our brain for an easier aging obviously, to enjoy all these good things that sports give us, we have to combine sports exercises (at last 30 minutes a day), healthy diet and a good sleep programme. People who practise sports on regular basis are more effort-resistant, they look better, their immune system is stronger they deal with diseases easier and the heart diseases risk is lower.

I've experimented myself other benefits of sports as I have been practising sports since I was eight that's why I think it's important that children should be educated to start practising a sports as early as possible, because they become disciplined, they learn to obey rules, they learn how to work in a team in order to achieve a common goal and they also learn how to relate to other people, they can improve their grades at school, they can get totally involved in other types of activity too.

I've been doing dances for four years and I've become more responsible and mature. For a few months I've discovered something new: Zumba. Zumba is a fitness programme that combines Latino dances and aerobics elements.





I do Zumba twice a week and I love it. I want do a lot of sports in the future too and I want to help other people understand and practise sport.

I think it should not exist life without sports.

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<b>Teacher:</b>	Ianoşi Cristina Laura

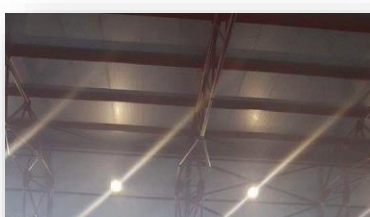
Practicing a sport is important for your life because it keeps your body healthy and your mind is more relaxed. It is very useful because it improves your lifestyle and it helps you pay more attention in all your daily activities. Also, practicing a sport would reduce the stress, which is a huge benefit on the long term. It helps you remain fit and have lots of positive energy.

It could make you have more self-confidence. You could get more competitive, which is not a bad thing, and develop your social abilities if you played a team sport. It can also support you to make more friends who you can win or lose any kind of game with. Not only will this make you gain life experience, but it will bring you some friends whom you can rely on, someday.

Performing a sport could influence the way that you think and you could become more careful with the solutions you find for every difficult situation. Actually, being physically active makes you healthier by improving strength and flexibility.

Therefore, it does not matter how you get to practice a sport, neither the kind of sport you choose, because the benefits will appear soon and will improve your lifestyle on short term, boosting your energy and giving you appetite to get involved in lots of activities and also to maintain a sane mind in a healthy body on the long term.

And maybe one of the best lesson that sport is teaching you is that most of the time it's more important to play than to win.







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Everyone has his own lifestyle and his favourite sports. But humans are now facing a sedentary lifestyle. We've got all this technology that makes our lives so easy that we barely need to do anything. Even though there are people who do have a good lifestyle, this only represents a small amount of the entire human population. And this is a problem. Let's find out why this happens and how can we fix it.

Let's first understand what sports and lifestyle are. Sports are activities that put our locomotive system to a challenge like hitting a ball or jumping over obstacles etc. These challenges have rules that limit the injuries or make the challenges fair. The lifestyle is the way that an individual lives his life. A lifestyle includes all sorts of activities and food. These can affect the individual in a good way or a bad way. The lifestyle is different for every individual.

So, why do most people have a bad lifestyle? The answer is: work. Everything you want to do in this life requires money. Money is earned by working. Working takes time. Usually, working takes a lot of time, so much time that people find fast ways for making food, preserving it for later and getting to places faster.

You might say that working is an activity that puts you to a challenge. Yes, but most of us have jobs that require us to sit on a chair. Even if you have to stand, you don't do any physical activity. And even if you have jobs that require you to go from place to place, you will most likely use a car.

I don't say that working is bad, I'm saying that today working became more a source of stress and less a good activity for your body.



A good way to fix these problems is investment in people: teaching them how to live healthy, inviting them to marathons and many more. All we need is will and we can live a happy and healthy life again.

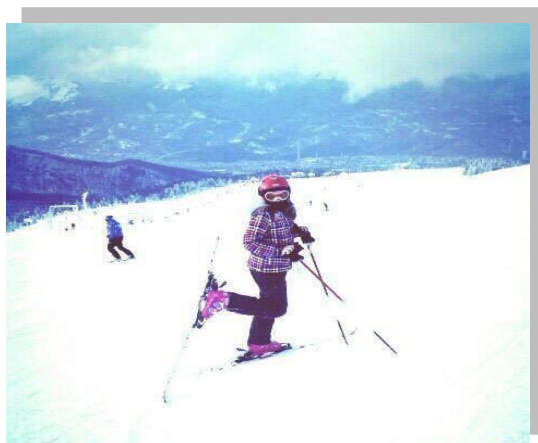
<b>Student:</b>	Nicola Raluca
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<b>Teacher:</b>	Raica Luciana

Hi, I'm Raluca and I love skiing! The first time when I skied was at four years old, and, from that day, I have been skiing every winter. My city is very close to some mountains with a lot of beautiful ski slopes where you can enjoy a cold but awesome winter day. And when you get bored (if you get bored as I never do this when I ski) you can go to drink a hot tea or chocolate.

Anyway, skiing has always been my favourite sport. When I'm on the ski slope, I feel free, it's like all my child problems disappear and the magic just rises above my head. I think that if I didn't ski, I would feel empty and when I ski, on that noisy but quiet slope, I can think about many things and take some little but hard child choices.

This sport certainly defines me. Oh, I almost forgot to tell you my first attempt to ski. I was on the ski slope with my dad and I was really excited to learn how to ski. For one moment, my dad was distracted with my friends and that was my chance. I started to go ahead on the slope and I speeded up. I didn't know how to stop and I got scared. My dad saw me and he started to come after me as quickly as possible. He caught me one meter before a fence. It was horrible but funny. When I think about my first moments of me skiing, I realize how much I have developed my moves.

So, skiing is a way of talking to yourself and to feel full of magic, to see the winter's beautiful home, the slopes. This sport has certainly changed my life!



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Basarabă Daniela

### Keep fit by doing sport

Sports help us in so many ways and on so many different levels. First of all, we improve our physical health and meet our human body needs, staying strong and fit. Sportive activities bring joy, satisfaction and self-confidence. In fact, every sport involves effort and conquest. It provides an excellent opportunity to express ourselves in a healthy way. Playing sports should not be limited to the field of our school. Even when we're at home or working, sparing at least 30 minutes for any sport we love can be very helpful. It is not advisable to only see sports as a tiring activity that we are doing for the sake of health. Activities such as cycling, swimming, running, and even walking are some of the physical activities that can be done on a daily basis.

Sport also plays a major positive role in our emotional health, and allows to build valuable social connections, often offering opportunities for playing and self-expressions.

Social and communication skills can be learned and developed through sport. Participating in any competitive sport also improves our ability to handle pressure and still perform well, as well as teach us how to win and lose graciously.

Sports bring people together from all over the world, regardless of their nationality, religion, culture, or skin colour.



Finally, healthy lifestyle and sports increase energy and help us to live a full and productive life. So, this is high time you participated in some kind of sports, burnt extra calories, kept muscles fit, had fun, and greatly benefited your life!

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Sports are a really great way to keep your life healthy. Only thirty minutes of any kind of sport a day like jogging, gymnastics and even walking can offer you a better life. You do not need to do performance sports, but of course if you are able to do it, it's great. I tried once to do swimming, but after a few months I realized I am not able to do more than a round of the pool.

Your lifestyle is also important in your health. You must eat fruits and a lot of vegetables. I like to drink orange juice but more I like to drink a homemade juice made out of carrots, apples, lemon, pomegranate and a bit of sugar or honey.

Practising sports and having a healthy lifestyle can make your life longer and also can protect you from illness. Like the quote says "an apple a day, keeps the doctor away".

We can consume vitamins which are really useful for our healthy. For example from carrots we can get vitamin A which helps our sight.

Sports can also make you look better, besides of the all the benefits that it can offer you. People that practise sports are really reach in what their health is concerned.

We all must exercise and keep our health safe, not for the rest of the world, but for us.



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<b>Teacher:</b>	Peter Daniela

### **Basketball and education through sports**

Playing basketball involves the execution of various movements (running, jumping, dribbling etc.). Basketball is considered to be a true “cardiovascular fitness” provider which increases the resistance of the heart and lungs, it is a blood circulation intensifier preventing obesity and toning muscles. In terms of emotional and educational development, it should be noted that a child who practices basketball becomes self –confident. Playing basketball gives a child the opportunity to learn and understand the importance of fair play and the importance of acting like a team.

In terms of physical development of the human body, since the basket is set to a 3m altitude, this sport can't be successfully practiced by short people, you have to be the appropriate height. However, children who play basketball regularly can choose mini basketball and grow taller in time due to the amazing effects of this sport on people. Studies have shown that young basketball players grow taller than any other sportsmen. Besides this, basketball requires a very good breathing capacity, good bones, good heart condition and a strong will. Your mind stays fresh and it doesn't matter the race, nationality or religion you are. In my opinion combining school education and sports is a very good idea. Sports teach you how to gain or lose, to be humble or proud, they instil important moral values, they give children and adults the opportunity to socialize and communicate with other people. Nobody guarantees your success and it is most likely for you to fail.



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<b>Teacher:</b>	Poenar Lorina

### The importance of doing sports

In order to have a healthy lifestyle, we should focus on practising sports. Let's admit it: everyone wants a funny and a healthy lifestyle and, with the help offered by doing sports, we can have it!

When you play football, for example, you develop your legs' muscles, stamina and your mind, because you have to choose the suitable technique to win the match. Also, you can meet new kids, because this is the main advantage of doing sports: they can't be practised without a team, so you meet new kids with the same passion for that sport.

Sports stimulate our body, they help us lose weight (but you must also have a proper diet), they help us relax, develop our skills and so on. At first it can be quite painful to do lots of exercises, especially if you aren't used to it.

However, if you are very determined and you do your best, doing sports will become a lifestyle and you will no longer see it as a drawback. Moreover you will eventually grow into loving this lifestyle and you won't see exercising as a burden.

In conclusion, I think a very good and inspiring quote for the people who say that they can't do sports is... "*You miss 100% of the shots you don't take*". It is our duty to stay healthy and to take care of ourselves. We must keep in mind the fact that the pain we go through when exercising will last only several minutes and then our body fully recovers. But if we quit doing



sports, we will always be quitters and our diminished self-esteem will make us feel bad about ourselves.

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<b>Teacher:</b>	Ianoși Cristina Laura

Sport is very important in our lives. The human body needs physical activity daily, approximately 30 minutes a day. When we grow old our mind will work better if we practise sports when we are young.

Sport has many benefits: it helps us be smarter, sleep peacefully, live a longer life, lose weight or become more beautiful. A Latin proverb says that: "A healthy mind is a healthy body". Today most children spend their lives in front of a computer screen and that's the reason why it would be great for them to practice a sport they love.

Also, sport can keep us away from many diseases. Sport makes people healthy, keeps them fit, more organized and better disciplined. We need to practise sport since childhood, we should do morning exercises to feel better. Sport makes us strong and full of life.

#### NO SPORT-NO HEALTH-NO LIFE

Even if you feel tired, remember that one day your body will thank you for your disciplined lifestyle. A person who does not practise any sports will not be able to enjoy a long and beautiful life, his health will be in danger. For example: a man who does not play sports, leads a sedentary life, does not walk, drives car instead, sits for hours in front of the TV and eats unhealthy food is more likely to get sick than an athlete. Sport eases blood flow in veins and improves metabolism. The most important period in a person's life is between 10 and 18 when his body and mind blossoms.





In conclusion, any human being needs to eat a healthy diet and to exercise daily for a long and beautiful life. :))))

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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Barb Valentina-Maria

Most people think that they could live well without sport, but I believe they are wrong. Those who do sport don't have weight problems and are very healthy and happy. Sports encourage teamwork, improve creativity, problem solving skills, and increase interaction between people.

In our family, it's impossible to stay in one spot the whole day. To us, going out for a jog is the same as going for a walk. Hiking up a mountain is a child's play. Even our lazy dog comes with us! We love running around after the chickens, and climbing trees with the cats. There isn't any excuse for not going biking up a hill, and playing rugby afterwards. No matter what the weather is or how dirty we get, the game is always on.

We ran a five kilometer race even though my little sisters were five and eight. My youngest sister's first down-town trip ever was when my father ran his first marathon. Dad does a lot of races. He even ran a marathon on minimal training. His most daring endeavor was doing a mountain bike race, without ever trying that sport before. Naturally, he came last, the bike half-broken.

Our friends are even more adventurous. One of them ran (more like limped) a marathon in seven hours, another finished an Ironman triathlon, in just about twelve hours.



To promote sport as a lifestyle, my family is trying to organize various sporting events for our community. We already did a cycling hill climbing race through the Bihor Peak (during a snowstorm) and we want to organize a mountain bike race on the single tracks of the Apuseni Mountains. My sisters dream about a village rugby championship, and I would like to do a foot mountain trail race up to Vulcan Peak that looms above our house.

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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Kiss Simona

I think that everyone knows how important sport is in our life but I'd like to explain this clearly.

Practising sport keeps us healthy and fresh but also our brain gets more active. Our body need physical activity at least thirty minutes a day. By making effort our body develops itself and it helps us to have a better and a healthier life. If we practise a sport it's even better. It helps us to coordinate better our body, from head to toes. If we keep on working daily, we'll have a good feeling and a better physical condition.

I do basketball and I can say that it is the best way for me to relax. It helps me to learn how to cooperate with my team and to understand that my teammate are as important as I am. Also, basketball helps children to develop their stability and this fact is due, mostly, to movements that are required in this game. It helps us to get taller and our bones to grow up and get stronger. And I think that this helps us in life a lot. Basketball could also contribute to our emotional development. A kid who practises basketball will develops his/her self-confidence with no doubt.

A study says that if we practise a sport we sleep better and it could reduce the stress. After two years of practising basketball I can say that I feel more energetic and my health condition is better than some years ago and I feel so thankful for that.



In general, all sports help us improve health. I could say that I'm proud of myself for what I have done in those two years.

In the end, I want to say that sports are as important in our life as sleep or food. And if you don't practise a sport, start practising one or at least do some jogging because you have to keep yourself healthy.

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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Ianoși Cristina Laura

My name is Sergiu, I am 14 years old and I have been practising Karate since 2007, getting the 2 brown belt (2-kyu).

In my opinion, practising a sport is a very good thing. Your body gets fit, you will be healthier and your brain will feel better too. I have 5 training courses a week and I go to the gym very happily and with a lot of passion. We also have competitions almost every other week and a lot of training camps. I think that every training camp and every training course improves my sport skills, makes me more ambitious, much more competitive and stronger. The results are seen at the competitions where I get a lot of medals.

In a competition we are not just opponents, we become friends too. We are very happy when we meet at The Summer Training Camp, where we meet players from a lot of clubs from all over the country. On the 2<sup>nd</sup> and 3<sup>rd</sup> of December, we will have our most important competition which will take place at Cluj-Napoca, The International Championship. There will be about 800-900 players, from 25 countries.

This sport is very often taken for box and K1, but it's different. It's self-defence combined with martial-arts. There are many different styles: shito-ryu, vado-ryu, shorin-ryu, shotokan etc. I practise at Shinto Sports Club, which is a shito-ryu club. In Romania there are many shotokan clubs, but in the world, shito-ryu is more popular. We also have 2 federations: World Union Of Karate Federation (WUKF™) and Romanian Karate Federation (FRK™). In



June and December we have the promotion exams and I am looking forward to getting promoted to 1 brown belt (1-kyu), and after that the Black Belt.

I recommend every child in the world to practise sports.



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Poenar Lorina

## KARATE

The sport I have been practicing for seven years is karate. This is a sport which requires much concentration, speed and force. The club where I practise karate is called *Hard Steel Hunedoara*, which is a really good club.

First of all, let me tell you some facts about karate. At karate we learn to make *kata* and we also learn several basic techniques. At workout we do *kumite*, which is a fighting game between two *karateka*. Whoever collects more points during the match, wins. There are seven belts in karate: the white, yellow, orange, green, blue, brown and black belt; I have the brown belt.

Indeed, the belts are won in exams, where you must master different techniques: *kata*, *kihon* and *kumite*. If you do well, you get the belt. If you don't do well, you don't get the belt. *Danii* are some grades which you can have only after you get the black belt. These can be won in international competitions, between *sensei*, which means a teacher or a master in karate. For example, my trainer has five *dani*. He is a *sensei* and a master in karate.

Secondly, I often go with my club colleagues to different competitions, which are organised in different towns in the country or we even go to other countries, if these competitions are bigger. Only legitimated club members are able to practise at a higher level



and we can join in *kata* and *kumite*. I usually take part in *kata*, but sometimes I also do *kumite*. We can win trophies and medals.

Finally, I like to practise this kind of sport and it is so good not only for my body, but also for my self-esteem, for learning social skills and for being able to protect myself, as well as others. Practicing karate has taught me to master my emotions, to be more self-confident and last but not least, to be more competitive.

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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Kiss Irma

Many people understand sports like a lifestyle, but many others see the sports like activities imposed on them.

I believe that people should spend more time doing other activities such as sports. Removal of sports from their lifestyle can lead to stress, depression, bones problems and lack of vitality.

In the absence of sport activities, there is a lot of people who are excluding sports from their lifestyle, so they don't spend time with friends and they don't take part in events.

Doing sports help us to concentrate easier. We can spend more time with indoor activities, reading books, spending time with friends, but they lose other skills such as team work and communication when not doing sports.

The benefits of practicing sports include: better health, self-esteem, solidarity, respect, tolerance, friendship, team spirit, and a better life without doping.





The sport unites people regardless of age, colour, sex, nationality, religion and financial situation. Fair play develops strong character, it teaches you to have the power to congratulate on your opponent when you lose, it makes you try to be better next time.

Those for whom social life does not include sports must understand that without an opponent there can be no game and life becomes boring.

In my opinion, we shouldn't exclude sport from your lifestyle, it is necessary to find a balance in our lifestyle between doing sport and studying.

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<b>Teacher:</b>	Baciu Diana

### Sports and Lifestyle

An old Latin proverb says "A sound mind in a sound body". If we were to give credibility to these words, we can say that our entire life is under the sign of our physical health. One of the best ways to ensure good physical health is by practicing sports.

Playing sports since childhood will aid us to have a healthy lifestyle. Whether you learn, play or do different activities, physical shape ensures high resistance and provide us with the ability to perform an activity for a longer period of time. Although it is difficult to maintain a healthy lifestyle many of us manage to do it, but unfortunately, most of us do not.

Swimming and bodybuilding require both muscular strength and endurance. Playing sports protects the body from extreme weakness, overweight or lack of confidence. Eating a healthy, balanced diet is an important part in maintaining good health and supporting the body during the sport exercises facilitating a better protection against various illness. A healthy lifestyle can mean a great deal. Even though it seems that the progress is slow at the beginning of practice, with determination we will reach our goals.

Although nowadays is very hard to achieve a good balance between attending school and practising sports, you can reach your targets if you know how to organise your time and thus





the better you will succeed in life. At the same time sport is a good reason to spend time outside the house, in nature, away from the radiation emitted by the various electronic devices that surround us everywhere.



<b>Student:</b>	Sîncrăian Cristian
<b>Grade:</b>	8 <sup>th</sup>
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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Poenar Lorina

### Swimming - my passion

In a child's life it is very important to practise a sport. It is very beneficial for your body and it develops your strength. Actually, perspiration is one of the most underrated benefits of participating in sports, as it helps the body in getting rid of toxins and it also helps in strengthening the immune system.

I am a swimmer and every morning I wake up at seven o'clock, I go to school and after that, I go to the pool in Hunedoara to train. I have a very good trainer, he helps me every time I need it and he tells me where I am wrong. When I arrive at the swimming pool, I first do some warm up exercises, then I start swimming. We do some sprints, foot and hand exercises and more.

When the training is over, we take our towels and for ten minutes we do more exercises. I think that with proper training in sports, everybody can become active, sportive, dashing, daring and adventurous, capable of meeting challenges in the future life.

When I leave the swimming pool, I have two or three bars of chocolate and one banana, because I need lots of energy. I like swimming very much and in my swimming career I have





travelled from city to city; I have also visited new countries with other traditions and lots of swimming pools, I have met new people, boys and girls. I know that sports bring people from all over the world together, regardless of their nationality, religion, culture, or skin colour.

Being a swimmer means that you have less time to waste around, which is good for any child. If I had to start it all over again, I would probably do the same things, even if it is difficult to go to the pool after classes each day. However, I feel it is worth doing it and there is nothing else I would like to do in the future.



<b>Student:</b>	Spătăriuc Cristian Manuel
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<b>School:</b>	Colegiul Național „Iancu de Hunedoara”, Hunedoara
<b>County:</b>	Hunedoara
<b>Teacher:</b>	Kiss Irma

Sports are very important in our lives. Life without sport shouldn't exist. You can go to a gym or you can do some exercise at home, it is important to want to do this thing. The Latin proverb doesn't matter how much you sweat, it matters how much you shine. Sport makes us feel good, it can lose some weight, it can improve our health. Perfecting a sport like basketball or tennis is not easy, but the word 'perseverance' means to do something hard to do.

Professional athletes can earn huge sums of money. In football, tennis, basketball, and other sports, they can make millions of dollars. They go over 1 million dollars for a season, but they are not rich because the sport is their life. If you don't practice a sport, it is hard to do.

For people who don't practice a sport if not, they will stay all day home spending time on the internet. They should go out with their friend, run, play football, play basketball, play tennis, play sport, they will make some new friends, they will be happy. If they do a team sport, they will understand what teamwork is.





In my life, sport is very important. I do handball every day for an hour and a half, and it is the way I relax after a day of school and much homework. With my team I visited many towns in the country, I made new friends in the country and, most importantly, I learned how to be a good teammate!

So, my advice is that every child should do a sport.



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<b>Grade:</b>	8 <sup>th</sup>
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<b>Teacher:</b>	Baciu Diana

Many people spend hours in front of their computers, a lifestyle particularly dangerous with a direct impact on their development.

If you practice a sport, you can build a positive image of your body and develop many skills. If you practice a sport you can learn how to work in a team and to have a healthy lifestyle . All of this help you build a good character.

When people play sports they do this for having fun. They usually play team sports like volleyball, football or basketball. American football is a team sport with 11 players on each side. Volleyball is a non-contact sport that is played indoors and it is an exciting sport where no experience is necessary! It allows you to escape from stress and get some exercise with friends, as many other sports. Some people, who are at the top of certain sports, join clubs where they train for competitions. Your lifestyle have to include a kind of sport if you want to “feel good”, as the song goes!

Also, if people play sports, they can experience the success and the failure, and learn how to face situations in life.



Practicing sports can help your health, so it can contribute on a better oxygenation of the brain, which can help with your intellectual performance so that you can concentrate better, have a better memory and understanding capacity, so choose a sport and practice it!

You create your own lifestyle, so have a good one!



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<b>County:</b>	Hunedoara
<b>Teacher:</b>	Peter Daniela

### Sports in our life

Sport has an important role in the life of many people. It makes people healthier and it's a good way of spending free time.

Sport is good for health, but only if you are sport-lover. Professional sportsmen have a lot of injuries. A lot of people in Russia heard about the young Russian gymnast Masha Zasiapkina who fell during coaching and injured her spine. It was a year ago. She was paralyzed, she had surgery and now she feels O.K. But she would never go to the gymnastic stage again.

One of the least dangerous kinds of sport is swimming. You can't break your spine, leg, hand, etc. Of course, someone can say that you can drown in the swimming-pool, but I think it is less probable then breaking your nose in basketball.



In Russia winter is very long and cold, so people can't afford to spend a lot of time in the fresh air. But if it is not very cold skiing and skating are good ways to stay fit.

If you ask anyone about health, practically all the people will say that.

It really is healthier than playing computer game or watching TV. Sports help people be happy, have a good mood all of the time and get rid of stress not to mention the advantages of staying fit. It really is a stress relieving activity. Nowadays European people have become more preoccupied by educational sport activities and they tend to involve children in practicing sports since young ages. It's how they see the future life.

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A sport is very important to maintain a healthy lifestyle, so even if we don't like it (at all), we ought to do it, because our body feels the need to have some exercise. For sure, we won't die of "lack of sport", but our body will not start to feel good if we stay indoors too much.

In my opinion, sports can be classified in two big categories: performance sports and amateur sports. Of course, performance sports could start as amateur sports and eventually, the amateur sports *might* become performance ones.

By performance sports, I mean the sports competing in the Olympic Games where you have a chance to win. And by amateur sports, I mean activities that are usually performed daily by everyone. I don't believe that "who can clean faster the dust" and "who can wash the most dishes" are going to be in the Olympics pretty soon.

My point is that, there are sports out of which you can gain something, like experience, popularity and money, and sports out of which you can lose something, like your patience,



your time and the wish to live. There are people who practice sports with love and try their best to succeed and people who do it out of obligation or simply do it. However, we still practice sports and probably always will, and you can visibly see the difference between the ones who constantly practice sports and have a healthy lifestyle and the ones who do not.

In the end, even if we like it or not, sports have a strong connection with our lifestyle, which gets better and better by practicing them and eating healthy. How the saying goes "A sound mind in a sound body".

Maybe I'll try to practice a sport someday.



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In my opinion, sports and healthy lifestyles have a good influence on our body and our organism, not just because sport makes our body look fitter, but it is very important to have a healthy life.

In order to have a healthy life, we must give up eating more chips and fast-food. Fast-food contains very many fats that aren't good for ourselves.

I have always liked practicing sports. I like running, or playing with my brother in the fresh air of the morning.

I usually like playing tennis, but I don't have the possibility to practice it somewhere in my town, so I seldom play this game with my brother, just for fun, when we go with my family on camping.

I have played tennis a lot this summer with all my friends. I like playing tennis, because I'm good at it and when I practice it, I feel myself free and I train because I like it. An unknown author said once: "Train yourself as there wouldn't be a finish line." Therefore, this is my aim!





Unless we do sports when we are young, when we are old we will regret this thing. If we don't form a healthy lifestyle we won't expect to have one, because unless we work hard we won't see the results that will keep us alive for the rest of our lives.

All of us know that breakfast is the most important meal of the day and we don't rate it. From it, we get all the vitamins we need throughout the day.

It isn't hard to do sports and to have a healthy life, we just need to wish for it!!!

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In my opinion sports have a very important role in the life of every person, because physical activities have many benefits for the human body. Sports are pleasant activities like hobbies, but sometimes it is also a profession.

Firstly, people who practice sports have a better immune system, develop muscles and are in better shape. There two types of sports: individual and in teams. For example football, a team sport besides physical benefits also develops our communication skills and disciplines us. Swimming, an individual sport works all muscle groups, increases the desire to be competitive and can sometimes save lives. I go cycling every day with my friends and oftenly race each other.

Secondly, people who make their living by practicing professional sports are receiving a salary, some are employed by sport clubs, so they have a well-established schedule and responsibilities. My favourite sport club is Steaua- Bucuresti and I would like to go to the stadium and see a match when Steaua plays. There are also professional sports that rely on



precision and concentration, one of them is Darts, practitioners train individually then they enter in various contests.

In conclusion, there are not disadvantages in leading a life in which you practice sports but there are some situations where health conditions do not allow it. School, TV and family encourages us to lead a healthy life and practice a sport or even to do a lot of exercise.



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Sport is one of the most important things in a human being's life because it is very useful for keeping the body healthy and young. In the same time it can be a pleasant way of spending your free time, but it must be accompanied by a healthy lifestyle because it doesn't make any sense to make effort and have a fast-food type "diet".

For example, a person who practises sports and has a healthy lifestyle has a well maintained and strong organism. Another person who doesn't practice sports and eats junk food or fast-food, well, the truth is that he will be very fat and he won't have the physical abilities of the sportsman, he will get tired very quickly and the "sport" term is a foreign word for him. And I really don't want to be mischievous.

Any kind of sport can be beneficial for your health. You can also increase physical abilities like: force, speed, endurance, agility, flexibility and so on. And, as I said it once above, it can be a pleasant mode to spend your free time and ultimately helps the one who practises





it. Although it helps health so much, this is not the only reason for exercising: sport can also help you build your desired body.

When it comes to a healthy lifestyle, not everyone knows what kind of food should be eaten, so it is good to consult a nutritionist.

In the end, if you wish so much to be healthy, but in the same time to have a perfect body, all you have to do is sport and have a healthy lifestyle, which includes a balanced alimentation. And that is really not hard at all.

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Sports have a very important role in our daily life. Whether you practice a sport like: tennis, football or you practice it at a gym, school, home, it plays an important role in our lifestyle.

People can't benefit from a healthy diet and sports. The most beneficial foods for our body, are the simple ones and the natural ones.

We can all learn from home, from school, friends, internet, TV, grandparents, how to live in order to be healthy.

The nutrition has an important role in our lifestyle, too. Everyone knows that is good to include fruits and vegetables in our diet and without whom we can't have a healthy lifestyle because fruits and vegetables contain vitamins.



Perhaps we won't be professional athletes and won't live one hundred and fifty years but there are a few rules which obviously we should keep in mind.

I mentioned before about fruits and vegetables and the role they have in our daily life. I also want to say that raw food of vegetal origin must occupy an important place both within the alimentations of healthy people as of those sick. Only these products contain fibres and antioxidant substances, principals that help the organism to deal with stress.

We all know the importance of sport in our daily life, we know its benefits and still we find it hard to make that step of walking out of our comfort zone.

The sports bring back self-esteem and offers additional motivation for achieving goals. Take care of yourself and your health as it is the most important thing ever.

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In life it is very important to do sports and to have a healthy lifestyle. Sports are very important for us because they keep us healthy and in shape, make us stronger and more resistant against diseases and help us have a longer and a better life.

A healthy lifestyle is as important as sports, but if we do sports and have an unhealthy lifestyle we can be ill. To be energetic and full of vitality and to have a young and beautiful body, all you need is to do a series of changes which target both, nutrition, physical activity and a lot of rest.

Any exercise is beneficial for the human body, but playing sports in an organized manner with friends is more enjoyable and funny. In my daily life, I play basketball and tennis. Basketball is very important for me because it is a team sport which helps me understand team spirit, makes new friends and also helps me have a healthy lifestyle. I



practise basketball from the second grade and it still seems as exciting and energetic as it was in the beginning. Many of my teammates are my classmates and because of basketball we can know each other better. I like basketball because it is one of the most popular team sports from the world and I also like the precision and the fantasy of technical and tactical exercises. I also like tennis because it is an elegant and spectacular sport which develops your attention and your concentration, but, to be honest, basketball seems more beautiful and exciting.

I like sports and I can say that I love sports because they are one of my passions and I want to perform in this area, especially in basketball, because it is my favourite sport and I really want to continue and perform to become a better player.

A healthy lifestyle is very important for us because it keeps us in shape and very healthy. To have a healthy lifestyle is easy especially for athletes because they are accustomed to this lifestyle. For us it is a bit more complicated, but if we want it, we can have a healthy lifestyle for a better life. It is very important to take care of our body and our mind taking advantage of sports, healthy food and good hygiene.

In conclusion, sports are very important for us, so we must continue and do this with pleasure and with happiness. In my opinion, I think the next thing that: Sports mean health, optimism and appetite for life.

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What we do every day has a great impact on our lifestyle. Sport is one of these activities. Our body is like the inspiration and thoughts of a writer. When our body is over busy and feels the need to relax some people choose sports. For me sport is a very important activity because it helps me to stay fit and have a healthy lifestyle.

Some people love sports so much that they risk their lives for their passion. I'm talking about extreme sports which are my favorite, for example: climbing, bungee jumping and skydiving. Generally, we should appreciate people who dedicate their lives to sport. Take the example of disabled people who participate in various sports competitions, following their dreams and showing strength and will.



Imagine fairytale characters having a great passion for sport. What would it be like if the Beast from "Beauty and The Beast" was fitter? In my opinion, if the Beast had been fitter, the spell would have been broken much earlier because the Beauty would have fallen in love with him sooner.

To conclude, I think that sport should be a priority in every person's life. With a healthy and balanced diet we can have a long and beautiful life.

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In order to know if we have a healthy lifestyle we have to consider if: we play some sports, we eat healthily (without fast-food). If we follow these rules we can say we have a healthy lifestyle .The most important thing in a healthy lifestyle is sport.

Sport is the physical activity that provides health and harmonious growth. One sport recommended by doctors is swimming, because it develops all parts of the body, but other sports are also good, especially for children. If swimming is not preferred by them, you may choose football or athletics.

These sports are the most practiced in the world. They are especially good for your legs. There are other sports besides these. They are: rugby, handball, scuba diving, basketball,



cricket, ice hockey, American football, archery, badminton, beach volleyball, canoeing, cycling, golf, gymnastics, horse racing, judo, sailing...

Another aspect of a healthy lifestyle is being kind, generous, and friendly. When you consider bad things, you attract bad things or bad moods.

In conclusion, we can summarize that: we should eat healthily and we should do sport every day. Sport helps a lot in human life; sports develop your body parts and positive thinking, and by following these rules, we will make sure that we have a healthy lifestyle.

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I see sport like a priority in life that I do daily. Sport helps us be healthy, relax, be beautiful, strong and have fun together. If we love sports, we love health. To practice a sport, we need a healthy lifestyle without vices. For me, my favourite sport is basketball because I love shooting to the basket, practicing the game and understanding it.

I always feel good and lovely when I go to a gym club. I have won a lot of matches because I love and really I do my best to win. If you like one kind of sport, then don't give up and fight for it. Sports give you happiness and health every day.

Some people who play high-level basketball and they are in top 5, they continue to play with love basketball every day and when they train they think they can win something



more important, something that is the heart of many fans, like becoming a favourite player such as LeBron James. If a match or 2 are lost, it is not the end of your career, it can continue.

If someone hurts you about how you play basketball or other activities, then he is a stupid guy; if he doesn't know how to respect someone, then he doesn't respect himself and he is jealous of your work. It is good to play together with your team and always have some fun with them. This idea came from a colleague or a coach, who can lead the team. I say that because I care. I have a good team, I want to play together with them, and I want us all to be winners . I love, love, love sport, it is my life !

This is the way of life that I would want it.

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Movement in our life presents multiple benefits for body and mind. Basketball is among the most popular and fastest growing sports in the world. To be energized, you should drink a smoothie. A smoothie is a thick beverage made from blended raw fruit or vegetables with other ingredients such as water, ice, dairy products or sweeteners, or you can try an energy bar. Energy bars are supplemental bars containing cereals and other high energy food targeted at people who require quick energy, but do not have time for a meal. They are different from energy drinks which contain "CAFFEINE". Caffeine is a central nervous system stimulant of the methylxanthine class. It is the world's most widely consumed psychoactive drug. Unlike many other psychoactive substances, it is legal and unregulated in nearly all parts of the world.



At first glance, there seems to be a very big connection between music and sport. But still, music has always made its presence felt at sporting events, whether to entertain or act as part of sports or simply to create a good mood so we can perform sport exercises easier. Sports where music is necessary and obligatory are more feminine sports: artistic skating, synchronized swimming and gymnastics. This music is part of the athlete's representation. It influences the quality and execution of the exercise and affects the grade or score obtained. So, the choice of music is just as important as talent.

It is very important to listen to music, especially while doing sport. If you choose a song that makes you remember the beautiful moments of your life, it will give you a good feeling and you'll have much more energy. The most concentrated frequently relied on findings of researchers in this field that show that music distracts the body from stress, thus helping to surpass themselves.

"Pain is weakness leaving the body"

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How many of you hear that 'doing sport is important for a healthy life'? Well... for me sport means everything. Why? It's a long story, but I am more than glad to share it with you. So... 7 years ago I started doing fencing. At that time, I didn't know what doing this sport meant but it's not so complicated. With time you understand what it's all about - for me, fencing is like a conversation between two liars and also like a cover of real training and hard contests.

At my fencing club, we have heavy training. We run a lot because we need to hold on. We have to keep balanced diets based on vegetables, meat and dairy products in order to be fit for the competitions and life, in general. A fencing match is very important because that's fencing and we have to be prepared from all points of view. I swear I do not like all the training





sessions, but I need them if I want more victories in contests. Without training, I can't grow. I love the contests. I love the atmosphere of contests. My coach is so nervous and he sometimes makes me nervous too. Why? Because of my stupid mistakes (no one can be perfect).

The most beautiful feeling in contests is when you win and you know you've done your best. At my first contest, I didn't know what was happening. I didn't have results because I didn't have enough experience. After two or three years I started having them, and then I started growing up and I keep growing year after year, competition after competition. Fencing helps me be balanced and healthy and I will not stop any time soon.



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To have a healthy lifestyle, we need to have a balanced and a varied diet, to eat as many fruits and vegetables as possible, and less fat; to practice every type of sports at least 2 times per week and to follow the 8 hours of sleep per night rule.

Sport is an activity that can affect the lifestyle and health of a human. It helps us eliminate stress; it persuades us to eat correctly and helps our self-confidence. Training the body means training the mind.



Sport and movement in general are recommended activities to every person of every age.

In the summer you have the occasion to practice a lot of activities in fresh air, with close friends, for example:

- Volleyball or beach volley. It can be played in two, four or six persons. It is important to feel happy doing sports;
- Swimming moves all the body's muscles, being considered one of the most complex sports out of all;
- Basketball is a dynamic sport that tones all your body and all you need is a ball, a basketball hoop and mood for fun;
- Football is a team game that contributes to health and develops social skills;

The advantage of winter sports is that, due to the snow, the effort is larger, which helps strengthen the heart and the entire cardiovascular system. Among these we have the following: skating, skiing or snowboarding.

You can choose to spend the whole day in front of the TV or computer, eating snacks and trying to become a fat and sick person, or you can choose to practice a sport with your friends, to go out in the park with the rollers or with the bike.

Sport doesn't mean just movement and a healthy lifestyle, sport means education.

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I believe that sports are absolutely necessary for the growth and development of children and teenagers. For example, swimming and basketball are very useful for height and for the legs and arm's muscles. Sports, with the help of a healthy lifestyle, make you healthful and make your life beautiful.

My favourite sport is football because I like the way it is played. Also, it is a very competitive sport which describes my personality, makes team relationships stronger and you make loads



of friends. I love the atmosphere this sport makes and I adore to be encouraged by fans. When the weather is bad, I play basketball in a sports centre. I like basketball because it's a team sport and makes you taller and stronger. In the winter, I love skiing because it is intense, it develops all the muscles and increases your body's immunity to diseases.

Fruits and vegetables play a very important part in your organism's healthy development. Mango is the most eaten fruit in the world. This fruit contains Vitamin A and C that act on your skin and your cold immunity. The apple is also eaten and helps you fight against stomach diseases. The tomato and the potato lead in the vegetable eating course in the world, in front of the carrot. The carrot helps your vision so much.

I consume fruits and vegetables, but also red meat, every day. Red meat benefits your muscularity development. All these products have to be closely linked with milk products that are a very good calcium source.

In short, sports and a healthy lifestyle are highly necessary in everybody's life cycle.

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Sport is very important in our life because it has a big role in health, diminishes the grease of the body, keeping it in a good shape. Sport is also a part of a healthy lifestyle.

In order to have a good lifestyle, we must do sport and eat more fruits and vegetables which contain vitamins necessary to our health.



A sport which is recommended for wellness is tennis, a difficult sport with a beautiful technique. It is recommended for children, but also for adults. This sport is played on clay, grass or a hard surface. This is an important sport in the world, being very famous for the fact that players from certain countries win important competitions all over the world.

Tennis is one of my favourite sports and it helps me grow in a harmonious way. Another sport that I like is basketball, because it is a team activity that contributes to physical wellbeing. Basketball helps the players socialize and coordinate their activity with the other members of the team. So, this sport is not only useful because it helps you be in a good shape, it also makes the player be a part of the team, to interact with the other members and maintain a connection between them. Because a person's lifestyle should have two components: wellbeing and also confidence in your own person, feeling good in your own skin in the other's company.

In conclusion, I consider that all sports have their own contribution to our lifestyle in a good way, even if it is an individual sport or a team sport, but I believe that team sports, like basketball, if it is played by young people, particularly creates strong personalities in their group and even in society.

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Every person in this world needs sports to be in shape. All of those sports and exercises are important for every human being, whether you are a football coach or a basketball player. There are a lot of popular sports practiced by almost everybody.

Football is an important sport that everybody knows how to play. It is a team-based sport, involving 20 players, 10 on every team and by playing it you exercise your body and your



legs. In each team it is important to have a good goalkeeper and an experienced coach. The place where it's played must be spacious and large to play a proper game of football.

Volleyball is another popular sport that most of the world knows. It is a team-based sport with 10 players, 5 in each team and the point is to let the ball fall on your part of the playground, and on the other side of the of the playground, where the enemy team is. This sport helps your body and hands to grow.

Basketball is a very important sport if you want to be tall. It is another team-based sport where the point is not about winning, but more about not losing. On the playground, there are 10 players with 5 on each team, and you and your team have to throw the ball through the ring to score. This sport is very important. It helps develop your body, hands and legs. This is why basketball is very important to the world. The playground is medium-sized, with 2 rings at both of the ends of the field.

Tennis is a sport that you can play alone or with a friend. This sport helps you develop your legs and body, as you run around the field. The playground is big, with a net at the middle of the field.

As I said, sports are important to men and women, to keep them in shape, be healthy and to have a good life!

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Health is a matter that concerns all of us. Keeping our bodies and minds healthy should be our priority at all times, no matter the age or social status. People are taught about the importance of maintaining themselves in a good physical condition ever since childhood, as this subject is often approached during teaching lessons in school and in everyday life. There are a number of factors that influence our wellbeing.



Firstly, practicing various sports is common way to keep ourselves in shape and, of course, healthy. They vary from teamwork sports, such as basketball or volleyball, to single player ones, like swimming or track. They increase our competitive spirit and engage our muscles during its practice. Sportive events and competitions are often held in order to encourage young people to become healthier.

Yet another factor concerning our condition is nutrition. Eating healthily means consuming a variety of dishes containing the right amount of vitamins, proteins, carbohydrates, minerals and saturated fats. Through the consumption of food, our bodies absorb these nutrients, later turning them into energy that is used in the process of daily activities. Water is also of very high importance, as the body needs to keep hydrated in order to function properly.

Getting enough sleep is also very important. It is a fact that the human organism demands at least eight hours of rest to be able to recover from daily factors that tire the mind and the body. Getting less than seven hours of sleep each night might, in time, have negative effects on the individual's health.

Taking everything into account, we can affirm that the ways in which one can stay in good health can be practiced by the majority of the population, as most of them are not downright hard to follow in order to have a healthy lifestyle.

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From my point of view, sports and a healthy life must be a priority for all the humans who want a beautiful life without health problems.

First of all, sports are essential in our life. It can be noticed even in commercials where there is written: “For a healthy life, do at least thirty minutes of exercises a day!”. This is useful and necessary because these days, people eat so much unhealthy frozen food, fast-food and fewer



vegetables, fruits or food which contains proteins and vitamins. Because of that, the body is full of toxins and chemicals and one of the ways to remove them is doing sports. We can also change our eating habits or reduce the amount of junk food we eat.

Secondly, sport is good for the mind too because children who do that are more careful, faster and they can focus more. But besides that, it is good for so many things, it can be so funny. If you try, you can choose what you want to practice because there are so many options for all ages and for all humans. You can do football, dancing, basketball and so on. These are the classic ones and everybody probably loved them when they were young. Football and basketball are team games and they require being faster and stronger and that is why mostly boys like these more, while girls are interested in dancing because they see this like a way to express what they feel when they are doing that. It makes them feel free, relaxed and charming. But the sad truth is that when they grow up, children aren't interested in sports like in the old times, because they are attracted to new technology, especially smartphones, computers, TV or Xbox for playing games.

These would be some of the reasons why I think that sport is one of the most important aspects in our life and I hope people will pay more attention and time to it in the future.

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When we hear the word sport, we remind ourselves of what we see on TV or play in our free time. However, is sport really about that?

Sports are physical or mental activity games that provide excitement to the players and spectators which can be categorized in six branches. Physical - such as athletics, primarily dedicated to mind - such chess, motorized - such as power boating, coordination based - such

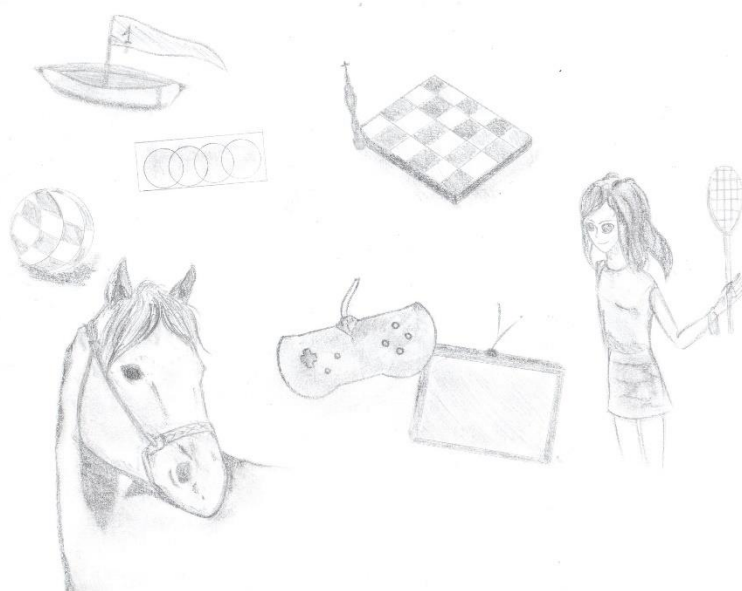




as golf or billiard sports, primarily animal supported - such as equestrian sports and the most recent one that first appeared in the late 2000s, non-physical challenges or video games. These challenges, also known as eSports (Electronic Sports) are a form of competition facilitated by electronic systems and are now taking over the world as a very popular sport. The usual type of games played is first-person shooter and multiplayer, online battle arena games.

Lifestyle refers to our daily routine and the way we spend it. We learnt when we were young that without a healthy lifestyle, we can easily become ill and gain weight as time passes. Our routine is usually transmitted across generations. For example, if our parents or maybe grandparents had and still have a healthy lifestyle we can learn from a young age how to take care of ourselves. Going outside a lot, eating healthy food and doing lots of things outside, such as interactive activities with other children can contribute to our well-being.

In conclusion, the last thing that I could add is that everyone should practice a sport, be it indoors or outdoors, as sports are a popular thing in the 21<sup>st</sup> century.



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Throughout history, sports and healthy lifestyles played a vital role in the developing of humanity. It is well known that being active and doing exercises lets you live a longer and better life. In my opinion doing physical activities is fun and it benefits not only the body but also the mind.

First of all, by playing sports and living a healthy lifestyle you keep your body fit and you gain muscles, have you ever saw a professional athlete who was not as fit as a normal



guy? Me neither. This transformation not only has an effect on the body but also on the mindset of the person: you gain confidence, courage and you think more freely. In my experience I can surely say that practicing sports is extremely fun and makes me feel better after I finished (especially if I manage to win).

Sports have been around since the ancient era and are being practiced even to this day because people have realized how good it is for your body. For example, during one of the most wonderful eras in the history of humanity: The Renaissance, the following phrase was born: “Mens sana in corpore sano” which roughly translates as “Healthy mind in healthy body”. Under the power of these words humanists managed to improve the world’s art, literature and science by a huge margin never saw before.

Additionally, I want to raise you the next question: “Why are sports so fun?”. Well because you engage in physical activities with your friends and also you add the competitive factor to a game and this makes everything more interesting and fun. It doesn’t matter what your age is, everyone can find a sport which they can play. No wonder why sports are one of the most watched events on television: everyone loves them.

In conclusion, without sports and healthy lifestyles humanity would have took a wrong route and because of that, especially today when people are engaging less and less in physical activities we must find time for sports and try as much as possible to live a healthy life because not only the body has gains but also the mind.

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In my opinion, sport is life for me and my friends so I love all the sports and practice sports for a healthy lifestyle.

Sport is very important for people, because it keeps you healthy. Without sports, many people can’t live and this is their lifestyle. The most popular sports are football, tennis and basketball.

My favorite sport is football. This is the king sport and with a ball you can play anywhere. I practice sport with my friends in front of my building, on the school grounds or on synthetic



fields. If you want to be a legend in professional football, you must work hard. The dream of every amateur player is to become like Pele, Messi and Cristiano Ronaldo, best paid football player in the world , but he worked hard in his childhood to be good.

On second place is basketball. I like basketball because it is a sport team. Basketball is a sport, generally played by two teams of five players on a rectangular court and the objective is to shoot a ball through a hoop 46 centimeters in diameter. I play basketball with my classmates in the gym and the objective is to win all matches with your team.

On third place is tennis. Tennis is the most beautiful sport in the world, but probably the most complex sport in the world. I play tennis with my friends in front of my building or we rent for one hour a special place where we can play like real professional tennis players.

For a beautiful lifestyle, you need eat more fruits and vegetables, no junk food because junk food is so unhealthy, but people don't care and eat it anyway, because it tastes good. Another reason why junk food is so popular is the price it's cheaper than healthier food.

In conclusion, I don't eat junk food and I prefer eating home-made food and I do my best to have a healthy life-style.

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Sports bring health and happiness. There are a lot attractive sports: football, hockey, tennis, basketball, handball, but they are not easy to practise. You can practise sportive activities as well as jogging, riding your bikes, rollerblading or hiking. Usually they keep us healthy and slim. In my opinion, all people should practise a sport and eat healthy food.

I disagree with junk food. Healthy food is better than junk food. Sports and good food together are useful for a strong body.



Football is firstly an American sport. The best footballers are Lionel Messi and Cristiano Ronaldo. Football is a team sport for clever people because it is a strategy play. I am concerned it is complicated. It is hard because footballers have a full program.

I consider tennis is a complex sport, but many people consider it easy. The best tennis player is Serena Williams. We have a very important tennis player, Simona Halep.

Basketball is my favourite sports because it keeps me slim. It is easy and beautiful. Sports are sources of power and happiness. They are followed by the healthy food. With their help you can become a healthy, slim and happy person.

Everything is special, useful and interesting, but it can be dangerous.

In conclusion, do not miss the chance to be healthier, happier and certainly slimmer. A healthy life is a beautiful life.

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### **A healthy life**

Every time we hear to live healthy, there are so many opinions and advice you need to take into account. For me, a healthy life means first of all a nourishment rich in vegetables fruits and sport. There are a lot of sport and regimes that keep us healthy, but some can harm us.



There are plenty of sports that can keep you healthy like running outdoors, tennis, aerobics, basketball, football. For me, cycling with my friends is a pleasure. The ancient Olympic Games were mentioned for the first time in 776 BC Olympia, Greece, were held to 393.

The Olympic flame is lit in Olympia, Greece and worn by athletes in the host city; plays an important role in the opening ceremony and burn throughout the Games. Olympic torch was introduced at the 1936 Olympics in Berlin. Tennis is a competitive sport that strengthens the working relationship and be competitive. Tennis is a sport played between two players (singles) or between two teams of two players (doubles). Players use a string-based missile to hit a rubber ball covered with felt over the net, the ball shall reach the opponent's court.

Originally from England, the late nineteenth century, tennis was first spread in the world of English, especially in the rich upper classes. Tennis is now an Olympic sport and is played regardless of money, age in many countries around the globe. Remarkably, besides adopting the system "tiebreaker" rules remained the same since 1890.

Football is a team sport that is played between two teams consisting of 11 players each. At the beginning of the XXI century it was played by over 250 million players in over 200 countries, making it the most popular sport in the world. The origins of football lies somewhere in over 2,000 years ago. In 2004, the forum governing the sport worldwide FIFA (Fédération Internationale de Football Association). China recognized as the birthplace of football. Around 200 BCE Chinese like playing a sport called Cuju. The rules have evolved over time, thus leading to the sport today.

In my opinion sports and healthy food are a solution for a better life and healthier.

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Sports are vital for everybody. They are good both in a physical and psychical way. It is recommended for everyone to do sport at least once a week. Some spare time can be spent doing exercises. Instead of doing nothing, or when you are bored, you can do some sport. Sport is a way of relaxation.



Playing any sport improves health, by not curing but preventing certain diseases and making the immunity stronger. Furthermore, after running or doing any sort of effort, a large amount of endorphins is released inside your brain, which improves your mood. A good fact about sport is that when you know you are fit, you know you can eat a bit more, and that makes many people happier.

Another advantage of playing sports is that it helps you know how to integrate in a group. It helps you improve many of your skills and develop your personality. You learn how to meet others, how to talk to them and how to make friends, how to socialize and react in case of success or failure. You find out about rivalry, how to obey rules. You can see how others act when they are happy, proud, sad, and envious; when they or others encounter problems.

At the same time, sport builds up your confidence and self esteem, it teaches you how to set a goal, and achieve it, through different tactics. You learn about teamwork when fighting for the same goal with others because you have a responsibility and you know you have to stay determined to do your job well, to achieve a fully-deserved victory.

By seeing how important sport is, my personal opinion is that sport is not part of a lifestyle, it is a lifestyle itself.

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Sport is an important part of our lives. Have you ever wondered why people do sports? I am sure that many people don't know the answer. In my opinion, there are many benefits of sports: sport makes us healthier, makes us happier and fitter.



Sport offers competition without violence. This is true for many sports. That is one of the great things about sport and that's why it is an important part of our daily life and our society or at least it should be.

Sport can bring people together. It brings together teams of people who would not have usually seen each other. This also includes people who just prefer watching sports.

Sports represent all the things because they help to stop violence and help people come together in harmony. Sport helps us to release our competitive spirit. Sport is a great motivator for people to get into and is also an important business that generates millions for countries.

For example: I think basketball is a very interesting game and it helps people work in teams. It's playing with a ball. That ball is thrown into a basketball hoop. If it's thrown to the hoop from inside of the circle what's drawn on the floor the score it's two. If it's thrown from the outside of the circle the score is four. This game needs speed and attention. Make people who play it more unite. That's the reason why basketball it's my favorite game.

Another interesting sport is gymnastic because the persons who do this sport have elasticity and elegance. There are some different types of gymnastic, like: With a ball, with a band and with a circle. The first ten mark from the history of gymnastic is the Romanian Nadia Comaneci. I think the rhythmic gymnastics it's more beautiful than the normal because those moves on music are just incredible.

For a healthy lifestyle we have need vitamins and proteins. And where are they meet? In fruits and vegetables. Of course for a balanced diet we need to eat cheese, red meat, milk, eggs and bread or pastas. So we have to do a varied diet for our healthy.

We can conclude that there are more benefits and advantages of sport than disadvantages: sport makes us healthy, gives us motivate and makes us feel really important doing an important thing. It's proven: the people who make sport are happier and they are going to live more than the people who don't make any sport. So, we should conclude that can we have a healthy lifestyle practicing a sport and having a balanced daily diet.

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I think that sports are very important for our health. Some physical exercises everyday help us have a beautiful body and to be in high spirits.





Sports set the blood in motion, improve our memory and prevent some diseases. We can detoxify our body with the help of diet and exercises.

The exercises in the open air keep us young. After thirty minutes of physical effort endorphin is released and it gives us a good mood.

Physical pain could be decreased if we do some sport. Practicing a sport regularly leads us to look younger and helps our heart, protecting us from heart attacks. The effects of exercises on human brain are beneficial: liberating impulses which lead to decreased pain. To get benefits from practicing sports we need to do at least ten minutes of physical effort, and for an optimal effect, we need to do thirty minutes of physical exercises every day. Our body could benefit from doing physical effort, for example: decreased stress, strengthened bones and weight control. The physical effort is beneficial to our health, if it is done correctly.

In conclusion, every single sport represents a medicine for the body and the secret for a longer and a healthy life.



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I believe that sport is very important in everyone's life, especially in children's life. Sport is an important activity that involves competition. It influences our life style, health and personality. It integrates us in the group of healthy people.

Nowadays, children watch too much TV and they eat unhealthy food! That's why parents convince their children to do sports, but it is wrong that we should prevent things before they start. The days spent in the family are very interesting and beautiful. We can talk about healthy food that should be eaten and when it's nice outside we can go by bike or do other attractive activities.

As far as I am concerned, there is no life without sports. How do we have a healthy mind if our body isn't a clean house?

Firstly, if you go to the park with your roller-blades, bicycle or just walking. It is important to do this every day!

My favourite sport is volleyball, because it is a very good sport. This sport has given me the confidence that I had not and I learned to never give up. I will not give up sport because practising a sport is wonderful!

The secret of a healthy lifestyle is to make small changes in our daily life. Provide your body all the elements it needs, proteins, fibers, vitamins, minerals, carbohydrates and a lot of water. Vegetables, fruits and grains should represent over 60% of your daily diet. The daily menu for everyone should be vegetables, fruits, cereals, dairy and red meat or fish. Fish helps us keep fit. Dairy supports the growth and strengthening of bones. Fruits and vegetables are beneficial for healthy food.

All the things being considered, sport and healthy life are very important.

Eating healthy you'll be able to help others!

Love sport! Love life! Train your body! Train your mind!

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In our life, sport must be an important thing. Sport helps mentally and physically. Participating sport frequently, we improve our physical condition, the breath, the musculature. Also doing sport, we separate us from the daily stress and gain trust in us. If we practice a team sport we develop a team spirit and cooperation, between many people for the same target: victory.

Regarding me, my favourite sport is running. After I finish my homework, I get outside and I always do several sprints. Sometimes, I prefer just running on longer distances with a slower speed.

When the summer comes, I always look for an occasion to swim. Swimming is another sport which I love doing. I don't hesitate to practice in the public pool or in the sea, when I go in vacation with my family. My father promised me this year he will teach me to swim in a river, where are different conditions from the sea or the pool. I am so eager to learn!

Another sport that I like is basket-ball. It is an American sport. It is a team sport and if we practice it, we improve our physical condition. Also, I think this sport improves the friendship between the players.

Beside the sport we have to pay attention to what we consume.

Of course, everybody is attracted by sweets, fat meat products, or fried potatoes. We mustn't consume these products! Or, if we cannot resist it's necessary to consume in a little portions and no frequently.

Anyway, for every product does exist a healthier alternative like fruits, vegetables, natural juices or even water. About the sweets the healthiest are the homemade ones, made by our mothers or grandmothers with natural ingredients.

Someone who loves sports doesn't watch TV all day long and doesn't spend much time to computer or smartphone. These tools are good to be used in the days when we cannot get outside or if we need to know about some useful things.

So we must practice sport and eat healthily because our life depends on it.

A beautiful childhood is spending outside with the friends!

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Sports are parts of the important things in one's life especially in my life. My favourite sport is football, but sometimes I prefer tennis. These sports being practiced with my friends in my free time or during the breaks.

The advantages of practicing a sport are: fun with your friends, do more exercises and it is also very healthy, of course that practicing a sport for fun and not forced by anyone. I love playing football. I practice football in my free time with my best friends at Physical education classes or in the park or on the stadium. If you practice football for real and eat to be a famous football player like Messi and Ronaldo, you must have very much exercise, to be a very ambitious child and also to have a lot of physical endurance since on early age, because if you don't have stamina you can't really practice it. If you want to have a healthy lifestyle you need to have a special diet.

My second choice is tennis. I feel very good and in a good shape every time I play it. Maybe I will be a good tennis player one day. My favourite tennis player is Simona Halep because she is so ambitious and determined. I like watching her games on TV and to honest, I feel nervous. Simona Halep represents our country at all tournament, and when she was a child she gave balls in the wall behind her house no more than two thousand five hundred balls every day. Now she is ranked fourth in the world.

In conclusion sports are very important and very healthy in people's life because you can live a healthy and relaxing life.

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In my opinion, sport is an important thing in life and every human should adopt a healthy lifestyle because it keep us fit.

Nowadays, there are lot of things which deteriorate the health of the humans. For example: computers, TV and junk food. But in this world there are some situations which fight with the negative effects of the evolution with a healthy lifestyle and sports.

One of these situations represents me. At the age of seven I realized that my health was very unstable and I decided to make a change.

First of all, I started to eat healthier and maybe the most important thing was the fact that I borrowed a better lifestyle from a good fitness teacher who gave me pieces of good advice. He advised me to start playing a performance sport like basketball. The second advice was a valuable tip which sounded like this: „If you fall, you must wake up”.

Secondly, I started to make an intense training at home on my own. Every morning and every evening I had a hardworking programme which exhausted me a lot, but every time I continued, thing which made me more powerful. I tried the most difficult things and observing that I can do it, I realized that everything is possible with work and ambition.

Another reason which support my opinions is that you can do exercises everywhere, you mustn't be particularly in a gym. When I say sport I say physical exercises which put the hearth in a constant activity.

In conclusion, sports and a healthy lifestyle have a lot of benefits which are vital for the body and mind. With this essay I want to make people adopt a better lifestyle.

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An old Latin saying says that “A healthy mind belongs to a healthy body”. If we were to live by these words, we could say that our lives depend on our physical health. One of the best ways of assuring our healthiness is by playing a sport.

Together with the ability to endure daily activities with ease, playing a sport also ensures a harmonious development of our bodies. In a healthy lifestyle the body is protected from obesity, a really extreme disease. At the same time, with an in-shape body, the organism will adapt to a healthier nourishment. These aspects have direct influence over our physical health and can help prevent diseases.

Just from a biological and medical point of view, sports get the blood flowing, which attracts a proper oxygenation of the brain, as well as energizing the entire organism. Direct result of correctly energizing the body is increasing muscle tone.

Probably the most negative aspects eliminated through a healthy lifestyle are: sedentarism and stress. These two tend to become a problem in present times, and neither kids nor adults are safe from their baleful consequences.

By playing sports since childhood, it ensures the existence of a physical form, from which we benefit in any activity we might do. Whether you learn, play sports or do various chores, the physical form ensures high resistance, i.e. the ability to perform that activity for a longer period of time.

Because today, a large part of our lives is spending lots of time in front of a computer or TV, playing a sport becomes a balancing factor for us. At the same time sports are a good reason to spend time outside, in nature, away from all the radiation emitted by the electronic devices we claim to depend on.

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Life without sport should not exist! Sport is important. Movement in our life presents multiple benefits for body and mind. Physical exercises help us to think, to coordinate the the parts of our body. We maintain healthy and intelligent by physical activity as we move forward in life. An hour a day is not much; maybe not at the fitness room, but at home or in the park, rest your mind, work your body!

Sport presents many benefits, among which we can mention:

- become more beautiful;
- helps us to be more intelligent;
- motivates us to exceed limits;
- balances the physical activity;
- helps us to have confidence in ourselves;
- increases the response; think more efficient;
- rejuvenates heart, lengthens life.

Physical movement acts on the brain, too. Sport gives us a healthy life and we get ready for an easy seniority. Memory and thinking are affected by the way in which we keep our brain vitality.

*Training the body, we train our mind!*

When we get older, our mind will work better as we did more sport in life. And the degree of intelligence since we have been children, will influence the brain's ability to work at an old age.

The human body needs physical movement about 30 minutes every day. If this is not possible then at least two days to do sport or other physical exertion. Benefits for young people are endless. The main is that they learn about teamwork.

In conclusion, the importance of practicing a sport at any age brings benefits and keeps diseases away. There are other benefits but I don't want to enumerate them all, I wish you discover them and narrate them to me!

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The notion of healthy life becomes more and more discussed including aspects as a healthy mind and healthy body.

Personally am strongly in favour of changing my lifestyle to keep myself healthy. Health means for me most important value in my life so that it isn't so difficult to respect some rules to be a healthy person.

Firstly sport became an important part of my life. I've been practising aerobic for two years and it helps me to keep fit and release the stress after a long and tiring day. By practising a sport I strongly believe that I am preventing heart diseases. Sport helps me to keep my mind and my body health.

Secondly I tried by myself to change my diet. I replaced a lot of junk food for my health. Fast-Food is almost inexistent in my diet, I avoid soda, I eat a lot of vegetables and fruits.

I am strongly in favour of ecological food that it is not only healthy, but delicious, too. I try to be a well-balanced person so that I try as much as possibly I can to respect my biological clock. I eat three times a day at regular hours. Frequently I leave the town noise and pollution and I go to the mountains with my family.

All in all I think that to be a healthy person, it is necessary to make some effort, but health isn't only for oneself, health is for people who want to be healthy.

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### Food and Lifestyle

I am only a child and I try to eat healthy food (at least at school) by not buying junk food from the shop next to the place where I learn, but sometimes it's difficult. Seeing all my classmates eating snacks, slices of pizza or hamburgers, it makes my mouth water and the things become complicated. Bottles of fizzy drinks, cans of soda are there, too. Sometimes I only taste but to be honest, sometimes I go and I buy all these forbidden things. They seem delicious and they are perfect and more than welcome when you are at school. I am aware that they aren't healthy but all these are everywhere. Fruits and vegetables are difficult to be found. Why do they sell junk food to children when they (the adults or shop-assistants) know that they aren't so good for us? When we are with our parents, they know exactly what it is healthy for us. When we are alone, we become an easy prey of sweets, junk food and fizzy drinks.

In conclusion, food seems to be an important "worry" for us, children and in my dreams I want to enter a shop and the shop-assistant tells me that I can't buy these, but only fruits, vegetables or anything I want from corner- "The Corner of Health" . And all these worries will disappear.

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### The role of sports

I am writing this text to make people realize the benefits of sport in their lives. I think sport is vital for us all and I want to make more people be fans of everything that is connected to sports.

To my mind, physical education is very important for children and two lessons a week at school are not enough. I personally play football for a local team, and this is my favourite sport.

Of course, not just football, but all of the sports are keeping you healthy and fit. Try swimming for example. Every summer I swim every day because I have a very good teacher, who makes me swim about two kilometres a day. Still, if you don't like any of these two, you can try anything else. Everybody needs to have a favourite sport.

Let's go back to my favourite sport. I am practicing it five times a week and it is now an occupation for me. Sports need some time and hard work, but you will be very proud of your results, when you reach the top. I love doing sports. They make me feel complete and really happy.

Take my advice! It is very important to do sports, no matter what it is. After that you will be happy, healthy and strong. You will understand the role of discipline in your everyday life and you will become more popular.

Be a sports fan! You will use your free time doing something good in comparison with those who do not like sports and spend it in front of the computer playing silly games all day long.

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For every human on earth, doing sport is a basic thing. Even walking is considering like a sport. So, how does it help us? The answer is yes, it really helps, not just physically but health aswell. It helps the heart bounce at a regular level and resist longer at doing exercises. Some people go overboard with them, this is not quite good.

If you want to look good after some training, like around a month, you should go on a diet aswell. It helps the system, just eating healthy and your problems will dissappear, not finanically problems, but health problems. Even financier if I'm thinking straight.

Now, some people prefer doing a sport like tennis, basket or football. They are good to practice. Some people are mastering one of those and maybe they can play in a team.

Personally, I like tennis and basketball very much. They are my favorite, when I have time, usually I get my friends and go to a basket field and play along, exactly the same with tennis but in summer. One day, I was talking to my friends to assemble a team, and go to the capital and compete with others. We hope that will happen' in the future. But until then, we train every single summer or when we have time.

In conclusion, doing a sport and eating healthy food, really helps the human body and make you resist to a hundreed years. If you want to reach that goal in life just do it, it's fun.

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Exercising and physical activity conducted regularly are extremely important and beneficial for health and wellbeing in the long term, and significant improvements in health can be achieved by including a relatively short period of physical activity every day. The benefits of exercise and physical activity include: reduced risk of cardiovascular disease and the blood pressure, reduced risk of developing high cholesterol, reduced risk of developing diseases such as cancer and diabetes, stable body weight and body fat percentage, stronger and healthier muscles, bones and joints, reduced depression and anxiety, improved psychological wellbeing enhances mental and intellectual activity. Although it is well known that playing sports is healthy for the mind and body, more than 60% of Americans, for example, have an active lifestyle, while 25% of the adult population is not active at all.

Clearly, the process of developing and maintaining healthy habits is as important as their effects on health. What is aerobic exercise? A simple definition would characterize it as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature. The essential idea behind aerobic exercise is to put yourself in motion. There are many activities to choose from, whether they are old, established or new and just released. Weight control exercise can prevent unwanted weight gain or help maintain the desired weight. The more intense physical activity, the more calories burned. There is no need to book large periods of time for exercise to reap positive results. If you can not do an actual workout, get more active throughout the day in various simple ways, either walk or use the stairs instead of the elevator. Prevention of heart disease and diseases regardless of your current weight, an active lifestyle boosts high-density lipoprotein - "good" cholesterol - and lowers unhealthy triglycerides. This will keep the blood flowing, which reduces the risk of cardiovascular disease. Moreover, physical activity practiced regularly can help prevent or treat a variety of health problems, including stroke, diabetes, depression, certain types of cancer, arthritis and more.

Increasing energy, physical activity improves your muscle strength and endurance increases, delivering more oxygen and nutrients to tissues and helping the cardiovascular system work more efficiently. A more restful sleep if you struggle to fall asleep, physical activity can help you fall asleep faster and sleep deeper, as long as you don't exercise too close to bedtime - because the risk of feeling too energized following a workout may keep you awake.

So, join aerobics classes, dancing classes or a football team. Find a physical activity you like, and if you get bored, try something new.

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### The right path to a better life

Health is the function of all the cells, all the organs and nerves in the body working perfectly. It is actually function of our physical, chemical, emotional and spiritual wellbeing. In my opinion, when we think at a healthy lifestyle, we think at three major factors such as nutrition, sports and sleep.

Firstly, nutrition is the most important factor in our lives no matter what. Here, the level of activity counts a lot and we must keep a balance between what we eat and what we do during the day. We are 'trapped' in this body for the rest of our lives and we must take care of it. Doing that is not by filling it with a lot of commercial food that we see on TV. Consequently, many people are doing mistakes here because they do not provide the nutrients that their body needs. We should eat a lot of proteins, vitamins, carbohydrates and plenty of water. The composition of our body is 80% of water and I think that is essential for living. Water plays a vital roll in every cell of our body function and is essential for proper digestion and proper circulation.



Secondly, practising a sport is the most crucial thing to stay fit and healthy. So fitness to us is not just about being physically strong, is about being mentally strong. It is about being absolutely happy. Nowadays, the problem is that people do not move enough and that is not good for our health. However, sleeping is also a very important factor. Getting enough sleep at the right time can help us protect our mental and physical health. During the night, our body needs to recover, for that the next day we wake up prepared to concentrate, make decisions or engage fully in both school and social activities.

Taking everything into account, our health is what we make it. We need to take care of our bodies because it is the only place we have to live.

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## Bring Nature Back to Your Body

Have we ever thought about what a sport is? Is it an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment ... as a dictionary defines it...or is it more than that?

Firstly, when we think about sport, we do not necessarily have to think about basketball, football or volleyball. We can also think at exercises and even at a thirty minutes' walk or jogging in the morning. It develops our lungs and muscles and is better to do this at a very young age. To obtain a good health we can associate sport with nutrition.

Nutrition is one of the main rules in what concerns a healthy body. To have a good nutrition we have to eat healthier, that includes vitamins, carbohydrates, fruits, vegetables. If we do not have a good nutrition it could affect our immune system.



Moreover, when we think at a healthy lifestyle we do not just think at sport and nutrition. They are not the only ones which help us. So does sleeping,

hydration, education and the environment where we live. For instance, we have to sleep seven or nine hours per night. By sleeping, we can also refer to an activity which requires recreation like reading a book or listen to music. Additionally, education is also very important. If we give up all the bad things that are happening to us, we will become more positive and our way of thinking could be changed. Regarding water, it is good to drink two liters per day because without hydration we would not live.

Taking everything into account, our body is the mirror of our soul. The way we treat it so we stick with it. We do not realize, but maybe we have already started flying.

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## A healthy life

Regular physical activity is an important part of getting healthy and staying healthy. Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives. Children who don't get enough physical activity are at a greater risk of becoming overweight or obese. This makes it harder for them to be active and keep up in sport or play. Being overweight can also make kids more prone to conditions such as asthma, flat feet and joint sprains. In the long term, it can contribute to conditions such as high blood pressure and cholesterol, heart disease, Type 2 Diabetes and liver disease.

Research tells us that the warning signs for these conditions can be present in overweight teenagers as young as 15 years of age. Kids and teens should get at least 60 minutes of moderate to vigorous physical activity every day. They can get even more health benefits from doing a couple of hours of physical activity every day. To help kids and teens be active every day, they need opportunities for sport, games and exercises at school, after school and at weekends.

Personally, I am strongly in favour of changing my lifestyle to keep healthy. Health means for me the most important value in my life so that it isn't so difficult to respect some rules to be a healthy person.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day; by walking or riding to and from school, being involved in activities at school, active physical games at home or taking part in organised sport after school and on weekends.

Kids and teens can get even more benefits from doing up to three hours of physical activity every day.

Children need to eat a lot of vegetable and fruits and taste changed according to a diet. Limited TV watching and computer use is very important, too. The American Academy of Paediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, computers, and video games, each day. We must use the free time for more physical activities.

In conclusion I think to be healthy some effort is necessary, but the health isn't only for oneself, the health is for the people who care to be healthy. *"A healthy mind in a healthy body!"*

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A healthy lifestyle is a way of living would result in a healthy mind and body. If you want to live like this, you need to do a sport like football, basketball, tennis, skiing, bodybuilding, judo, cycling, fighting and so on. I don't have a favourite sport, I only play basketball at sport classes and I go cycling with my friends when I don't have something better to do.

Sport is very important when you're young and when you're old. If somebody play basketball, for example, and he practises it every day, he will a healthy person and maybe in one day will earn money from this. The performance sport needs a lot of work, sacrifices and, at the same time satisfaction. But this isn't for everyone, beside work and sacrifices you need talent. Regular exercise is an important part of a healthy lifestyle.

Yoga helps to reduce your stress level. Aerobic exercise is good for your heart and your body. Martial arts help keep you fit and maintain your weight at a healthy level. Basketball, which is one of the most popular sports in the world has a lot of health benefits, for example: burn calories, build endurance, build up muscle, develop concentration or improve balance and coordination. Also, basketball can help you make new friends of all ages. This sport can be a fun activity for all kids.

Healthy life means healthy food like fruits, vegetables, and meat and milk products. Fruits and vegetables contain different vitamins and give us energy. Most people prefer just to sit on a diet, but I think it's ok to do this occasionally because it can be harmful for my health. For a healthy life I always choose homemade food, so I stay away from restaurants and fast food.

Sleep is also a important thing for this type of life. If you don't sleep for a period of time can appear dangerous diseases or you can have problems with weight and be obese. As far as I know, young people need to sleep ten or eleven hours per day, and adults need to sleep at least seven or eight hours per day. If you have a happy life, where you do what do you like it will be easy to live a healthy live. Also, if you are depressed and unhappy you cannot do this. With that being said, playing sports it's definitely a very helpful way to remain healthy and have fun at the same time.

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### A healthy lifestyle

A healthy lifestyle means to do sport, to spend more time outdoors and to eat healthy, especially fruits and vegetables.

On a beautiful summer day at school, it is launched the challenge to live a healthy week. So, we gave up sweets every day we eat fruits and vegetables. I spend my free time in the open air. Surprise! I felt more energetic, full of life!

This is a lifestyle, not just a challenge! Let's do sports daily to give up junk food, eating more fruits and vegetables to be healthy!

But, we have talked enough about a healthy life... We should know what we do to keep our life. It is good to practice sports like basketball. So we know that game improves reflexes, makes us stronger and more agile. Another sports as volleyball, where is important strengths. And football is a sport practice especially boys.

My favourite is handball.

My guess is that all the people, especially children, must have a healthy lifestyle, to do much sport and spend more time outdoors.

Be healthy, not picky!

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<b>Teacher:</b>	Filipache Carmen Marga
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### Sports in my life

I always present myself as a part of the new generation. For teens like me, the mobile phones, the internet, listening to music, watching movies and television are very important. But sport is also important because we learned at home and at school about the importance of a healthy life and the role of playing sports in preventing some illness.

Every teenager needs a balanced diet and physical activities outside, in the open, to breathe fresh air while playing with a ball, running or walking. When we play games with our friends, after a hard day at school, we get the necessary relaxation time, which can be extremely beneficial for our brain.

I play basketball three times a week and I go to the swimming pool once, not because I have to, as nobody asks me to go, but because I enjoy spending some quality time with my friends. And when I say quality, I refer to the fact that ever since I started playing basketball I have learned lots of useful things such as the importance of teamwork in gaining success or how important discipline, perseverance and courage are to make your dreams come true. I have also learned that we can win, but we can also lose. The most important thing is to realise your mistakes and try not to repeat them because there is always a chance to become a winner if you work harder on your faults.

All in all, physical activity and a good diet improve our condition in various ways, but I, as a representative for my generation, cannot leave technology aside. It is my choice to balance them appropriately.

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Hi !

My name is Ionela-Dennisa Visan. I am twelve years old. I am in the class 6th form. I love singing, dancing and sports. I consider the sport is very good, because it help you to stay healthy and enjoy life. Sport is an activity than relax you and helps you move easier. I think the sports are important.

My favorite sport is basketball, because it helps you cooperate with people. It has many advantages. Basketball you can approach people through sport and you can make new friends. I think this game has and disadvantages field, but very few. Basketball can lose or win, but you matter was fun. It is difficult. Basketball is a beautiful and interesting sport and can play almost any age. I recommend this sport with very confidence.

Football is a team game. It is a game where people run with the ball to score. Boys playing more football , but basketball can play who wants. Football is also important, as well as basketball. This is interesting. Basketball and football have rules and to play you have to know. A basketball rules is : you are not allowed to run with the ball in hands. A rules in football is: except goalkeeper, no player in allowed to touch the ball with your hands. They were two rules in the two sports. There are important.

We all with you a happy and healthy, life long, disease or illness not be found. In case you didn't know, to have a healthy lifestyle have to do sport, to fell good and to rest when must. Fruits are an important part from a healthy diet, because they have more vitamins needed to develop body. The readjustment fruits are mango, pineapple, apple, blackberrie, kiwy, orange, grapefruit, grapes, cherries, avocados etc. In Romania, the most popular is the apple fruit.

In conclusion, sports are very important, as well as lifestyle.

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<b>Teacher:</b>	Filipache Carmen Marga

### Understanding the importance of playing sports

Sport plays an important role in the life of many people. It makes people healthier and it's a good way of spending your free time. We all agree that sport influences our health and that we should practice as often as possible. It can be not only handball, basketball or hockey it also can be swimming, riding, dancing or even walking.

First of all, playing sports can make us stronger and healthier, it can also low obesity rates and improves brain functioning. A person who takes part in any kind of sports activities not only remains fit and healthy, but is also less tired compared to people who have minimum physical activities as a part of their everyday life. Research has also shown that children who play sports tend to perform better in school, earn high grades, have lower dropout rates and a better chance of getting into collage.

Then, sports are also important in developing character values. By playing sports we understand what honesty, teamwork and fair play are. Learning to follow rules, respecting teammates and the opponent team's members are useful in practicing what theoretically we all know: we have to respect ourselves and the people around us.

Moreover, sports are the healthiest way to de-stress ourselves. Playing a game outdoor relieves us and also gives us a fresh, positive perspective on life. A hard day at school can be so stressful for your mind and body. In such circumstances, what we can do is to make some sport, run or jump or maybe go for a walk.

In my opinion, as I am a handball player in a local team, sports can also be an option for a career, since we have to agree that sportspeople are heroes for children.

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<b>Teacher:</b>	Bagoly Tunde

We live in modern times ruled by the new things met daily with every step we make and this similitude is also present in sport.

Thus we will debate snooker, a not so popular sport, yet quite new, modern and attractive, which is developing in more and more environments including social and cultural.

Snooker can be played more or less like pool, but with more complex rules and more difficulty. This game appeared at the beginning of the 20<sup>th</sup> century. It was related to high society rather than to regular people, being very popular among army officers.

Meanwhile, it developed and it became very popular worldwide, especially in English-speaking countries.

Nowadays there are a lot of tournaments in order to determine the best player during a competition season.

The most important snooker tournaments in a season are the World Series Championship, the United Kingdom's Championship and London's Masters Series.

From among players, we can mention Steve Davis, Stephen Hendry and Ronnie O'Sullivan, the holder of the fastest maximum break of 147 points, done in 5 minutes and 20 seconds, during the 1997 World Series Championship. Yet, the first achiever of the maximum break was Steve Davis.

Like in every other sport or professional activity, the lifestyle of the competitors must be healthy and unaffected by different external harmful factors. Thus, it is recommended to be rested and to avoid all drugs which might interfere with professional life.

Following these simple rules and an assiduous training represent the key of success similar to Ronnie O'Sullivan's one who, by the way, is the best player in my opinion, and has a life full of satisfactions: personal, professional and material ones.

Train yourself and stay healthy!

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Geanovu Maria Magdalena

Sports began in Greece. There are many types of sports: football, basketball, volleyball, handball etc.

Football was invented by the Italians; basketball by James Naismith, who was an American, and volleyball by William G. Morgan, who was also an American. To be healthy and have a positive energy, you need sports.

Sometimes you are stressed and you are agitated. That is the time when you must get out in the open, because it would not hurt to do a little exercise to calm you down. There are diseases which are caused by the lack of healthy food and doing sports frequently, for example obesity, which can lead to death. Sometimes we must consume our energy not to be so fussy. There are certain things which should be done frequently. It is not good to eat irregularly and one should not miss three meals a day: in the morning we eat as a king; in the afternoon we eat as a prince; in the evening we eat as a beggar. Every day, we must drink plenty of water and eat fruits and vegetables. It would be necessary to jog every morning and evening for minimum thirty minutes to have a clear mind.

There were some sports in the ancient times which were preserved to this day. They are much more important to our health and even mood than we can imagine.

Sometimes we have to go to the gym or to a nutritionist. I like to do sports and eat healthy food, but I also like going outdoors, climbing and hiking in the nature. I urge those who do not follow the rules that lead to a healthy life to try to do something and to live their lives well by doing sport.

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Geanovu Maria Magdalena

Our bodies are one of the most precious and beautiful gifts we were given as human beings and their health is essential for a good and successful life. An unhealthy person has no confidence and feels weak. To keep healthy, one of the most important things we have to do is to take an active interest in sports.

First of all, exercise keeps our body healthy, it develops our strength, resistance and immunity. We need to give it freedom and discover its limits in order to break it.

Secondly, it has an impressive influence on our social life and personality. Playing games brings us together as teams. We learn to work with other people and compete without violence.

The first time when people began to do sport was in prehistory. And, in the nineteenth century, it was the first time when scientists discovered some ancient artefacts which people used to do sports.

So, sport is one of the activities in our life which we need for a healthy lifestyle. I do sport too, to have a healthy lifestyle, and I eat a lot of fruits and vegetables. I think that they are the best pill for health. There are a lot of ways to do sports: tennis, basketball, volleyball, and, the most appreciated, football.

Records of performance are often kept and, for popular sports, the information may be widely announced or reported in "Sport news". Sport is also a major source of entertainment for non-participants, drawing large crowds to sport venues and reaching wider audiences through broadcasting.

In conclusion, there is a strong connection between sport and one's lifestyle. If we want to have a long and healthy life we must take advantage of the knowledge which we have and help our bodies prolong and improve our lives.

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Geanovu Maria Magdalena

The sport first appeared in ancient Greece. Once every four years the best athletes in the world compete in a contest called "Olympics". The first competitions were held in the year 776. They included a number of sports competitions which were organized in the honor of the gods, having a religious character.

Today, sports are very evolved. New games appeared such as soccer, football, volleyball, tennis and other interesting and beautiful games. There are new games, such as hide and seek, witches and many other great games. Children and people do not prefer sport. They prefer the internet. A healthy life means that you have to do sport every day. So people should do some sports exercises on a regular basis.

I like sports very much. Exercise and sports games make me feel very good, even if sometimes I have muscle soreness. I play football a lot because I love this game. These games are interesting for foreigners. They do not know these games, as we do not know their sports activities. These exercises help us maintain our sporting cheerful and active. Morning is the best time to do some exercises. We have to eat healthy food such as fruits and vegetables. Fruits and vegetables should be washed before eating them. Then, the healthiest fruits and vegetables are picked from the garden. Some people eat fruits from stores but they are not as good as those from the garden.

Sport is the most important thing in our lives. You need to make a lot of effort to have a healthy body!

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Drăgoi Mihaela

Our lifestyle is represented by everything we do. In order to have a healthy lifestyle, first of all, we need to have a healthy diet; we need to eat fruit and vegetables as often as we can. They contain vitamins and they are the best in order to make salads and have proper nourishment. Before we eat we need to wash our hands properly to protect ourselves from germs.

Another way of having a healthy lifestyle is represented by our well planned program. We need to plan it in such a way that it does not tire us very much and so that it leaves us time for other activities as well.

In order to have a healthy lifestyle, we also need to practice sport, not just eat healthy. We need to practice sports at least thirty minutes a day so that we can stay healthy and cheerful. To have good health we could take walks in salt mines, in the forest where there is clean and fresh air and the nature makes us smile and feel better and helps us be more optimistic.

If we do not practice sport since childhood, it will be hard for us to get used to it. If we do not practice sport daily, we will be tired and more pessimistic. Sport is closely linked to discipline. Everyone needs sport. Sport in a child's life means freedom. Sport helps us develop our body and mind at the same time.

If we respect these simple rules, we will have a good lifestyle, appetite for life and confidence in ourselves.

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Geanovu Maria Magdalena

In the past, man was forced by circumstances to go out and run a lot. The modern life we lead today, with countless vehicles, significantly reduced regular movement and sport. However, it is known that physical activity is particularly important for health and avoiding disease. After sport it is necessary to drink liquids to supply the mineral and water loss by sweating. It is important that sport is practiced according to age. Sports activities are not linked to a particular sport. People who perform physical activities regularly are more resistant to stress. Sport is even more fun if it is practiced with other people, groups or associations. Being always in shape means to be healthy.

Clothing must be appropriate, effective and allow a good air circulation. At high altitudes one must keep account of lower resistance to effort. People who carry out regular physical activity are more resistant to stress, feel better, look better and have better condition. Training must start slowly and gradually, to increase the effort. Exercises should be an enjoyable activity and not an ordeal. Wellness factors provide resistance, especially in the beginning. The amount reflects our habits and the health status which we have. Mood is the result of our own lifestyle. What we eat doesn't matter so much if we do plenty of exercise. It is also known that the resting hours lost during the night cannot be substituted in the morning or during the day. Physical exercises should not be omitted. Regular exercises are vital to our health. This helps control weight. So health means exercise. Another factor that contributes to a healthy and beautiful life is education.

In conclusion, I want to say that sport is very important for our health.

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<b>Teacher:</b>	Geanovu Maria Magdalena

The Olympic Games appeared in Ancient Greece. They included a series of competitions and were organized in Gods' honor, initially having a religious character. The significance was to offer them to the Gods for all the good things that they did for the earthlings.

These games included ten events, unfurled over a period of over five days. Near the run race, the sporting events included were body to body fights, boxing, horse races, discus throw, javelin throw, as well as a type of a long jump. They finished with a runner race, strange and exhausting, in which the ones that participated ran dressed in complete armor costumes. The Olympic Games lasted until they were forbidden by the Roman Emperor Theodosius I, who declared illegal anything that had to do with idolizing the Gods. Because the meaning of the Olympic Games was of a pagan nature and the Emperor had made Christianity the official religion, they were banned.

The Olympic Games of ancient Greece were modernized, with some remaining in the same form they were invented. The games from nowadays are used for different purposes. There are some even for the ones who are overweight and they have to reach a certain number of kilos, helping them become healthier. There are others which help people reduce their stress level which they accumulate day in and day out. These sports are: yoga, gymnastics, football, handball, volleyball, basketball and many other sports which are played in a team or individually.

Sport brings a healthy lifestyle and each person can practice it.

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<b>School:</b>	Școala Gimnazială Mădulari



<b>County:</b>	Vâlcea
<b>Teacher:</b>	Buiculescu Maria Mădălina

Sports are an indispensable part of our lives, because sport means health and health means feeling good. To have strength in all activities and be full of energy, you have to start each day by doing some physical exercises. No matter how full our daily schedule is, we all must integrate some workout into our busy daily schedule. Working out fills our body with energy, but at the end of the day it helps us relax and have a good sleep. Most importantly, it brings lots of positive energy. Sports together with a healthy diet leads to a harmonious development, it gives the impulse one needs in order to achieve one's goals.

Sports can successfully replace the hot coffee drink in the morning; it can be the energizer we need to start a new and beautiful day. Sports are equal to health, so a healthy man can face any challenge. Ambition, sports and a positive energy lead to success in life, but only when taken together.

As a pupil, I do sports at school. I understand how doing sports can help me. I understood it after I began to feel a lot better after doing physical exercises. Our teacher explained clearly why we must do sports and how it helps us. That is why I believe in the following:

A healthy man is a happy man.

A happy man is a strong man.

A strong man is a winner.

And we can all be winners!

If you want to be a winner, do sports every day!



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<b>County:</b>	Vâlcea
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Sport represents a physical activity and may include competition. Sport originated from the Latin word “deportation”.

Sport is connected with lifestyle. If we want to have a healthy lifestyle we must eat healthy and do sport.

Most people avoid doing sports because of work, tiredness, lack of time or even lack of energy. Sport is necessary to everyone, it improves life. Sport and proper nutrition help us maintain our body beautiful. People consume few fruits and vegetables, and this is not good. Fruits and vegetables are necessary to a healthy lifestyle. Another benefit of sport is wellness. This helps us relax. We have so many benefits if we do sports. Sports can be divided into individual or team-based (basketball, swimming).

My favourite sport is football. I think that by practicing this sport, you keep yourself in shape, of course with proper nutrition. All people want a desirable silhouette, but not many get it. At the same time, by practicing a sport we prevent cardiac diseases. Sleep is another important factor in a healthy lifestyle. We need at least eight hours of sleep per night.

I wish to practice more sports. But because I live in the countryside, I cannot do it. Here we don't have coaches, instructors or special halls for playing sports, but when I grow up and move to the city, I will play more sports for sure.

Sport is a part of everyone's life, or should be a part of it. All people should understand this. Although some people say that they don't like sport, they should find out how sick they could be without it. Therefore, I love sport.

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Sport is an activity which can influence the lifestyle or health of a person.

Sport is very important in our lives because without it, our health condition could become increasingly worse. In the process of time, the people who don't practice any sports will fatten, their healthfulness could deteriorate and the lack of sport can lead to obesity. Sport also reduces the risk of getting some diseases like diabetes or heart diseases.

A healthy lifestyle does not mean just a right alimentation or eight hours of sleep a night, but also the existence of sport in our lives, so it is not just an activity, but it is a way of living. The aim of it is to maintain our physical and mental health. It is also a way of relaxation so even if it involves physical effort, it rests our mind.

Besides these, sport influences our personality. Because of team sports, we become more competitive and ambitious. The desire to win every game or match from sport makes the player to want to win in their daily life. It also makes us more sociable because we interact with others. We also meet people with the same passions like ours and we increase our groups of friends. Sport gives us more confidence because the gain of sportive competitions helps us overcome some of our fears and it makes us have a stronger personality.

Nevertheless, some people don't do sports because they are too busy with other things like their jobs or technology.

Sport is a very important activity which shouldn't be ignored, because it has a lot of benefits.

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The sum of our habits is reflected in our health. Our mood is also a result of our own lifestyle, both physically and mentally; it depends largely on our daily habits and the way we live. What we eat also matters, as does whether we exercise, smoke or drink alcohol. The quality of our social relationships also contributes to our wellbeing. Another factor that contributes to having a beautiful and healthy life is represented by the hours of sleep which must be respected. Depending on each person, 6-8 hours of sleep a night are enough to feel rested. Through self-education we can improve our life.

“Sport is the habitual and voluntary cultivation of intensive physical effort.” (Pierre de Coubertin). When it's time to start eating right and exercise, the expression “I’ll start tomorrow” should not exist. A healthy body is a guest room for the soul. Health is like money, we’ll never have a true idea of its value until we lose it.

Every person is the author of his/her own health or disease. Happiness consists primarily in health. The best doctor always offers less medicine. Sport is the prayer of the body. Practicing sport is for everyone but not everyone is made for practicing it. Nowadays there are a lot of new sports, and sports that are getting more and more recognition. Sport is also a way of making us dream that one day we may become famous champions, like football players. By giving us this hope, we can also keep fit and be healthy in the future.

Everything we do and eat has a consequence that we do not always see. That’s why we should take better care of ourselves.

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<b>County:</b>	Vâlcea
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Sports are an important part of my life. I am an active, energetic person who loves doing sports. Through sports we strengthen our body, both physically and mentally, and thus we develop harmoniously. As a pupil, I do sports at school, but I also go to the gym. All of us should understand that we need to go to the gym more often. We need to take care of our body and understand that doing sports is beneficial for us.

Exercising is beneficial for our body, but it must be accompanied by a healthy diet. Eating fruits and vegetables together with sports, helps strengthen our immune system. Doing sports on a regular basis can set an example for the people around us. We should be more concerned about the way we live our lives; we never know who we can influence and help lead a better life.

At our school we enter many sports competitions. Our teacher told us the benefits of doing sports from an early age and that is why I like to participate in many competitions. Also, I like to see how far I can push my body, how far I can push myself. During classes, our teacher manages to make physical exercises fun and interesting, and in that way he manages to keep us interested in doing sports. What's more important is that after I exercise, I can concentrate easier than if I don't. So, not only do I understand the importance of sports, I have felt the benefits it comes with.

Sports are for me "Youth with old age".

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<b>County:</b>	Vâlcea
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If you search for the definitions of the words “sport” and “lifestyle” you will find that “sport” is defined as “a physical activity in which people compete against each other [...], an activity that people do in the countryside, especially hunting or fishing” and “lifestyle” is defined as “the way a person or group of people, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy” (“Longman - Dictionary of contemporary English”, 2006).

First of all, even before searching for the definitions, when we hear the word “sport” we think of activities performed by a person or by a group of people. Nowadays, instead of practicing sport, we occupy our time with other activities such as sleeping, logging in on Facebook, Instagram or WhatsApp or we just spend our time doing nothing that involves sport. And, especially, we eat a lot of fast food, colorants, carbohydrates, all sorts of unhealthy food.

Sport does not mean just doing physical exercises; it is also a different lifestyle approach. Lately, we are confronted with different diseases because we do not practice enough sport and we have an unhealthy diet. We can prevent getting sick by having a healthy and balanced diet and also by practicing sport at least thirty minutes a day.

The wise words spoken by Pierre de Coubertin (“Sport is the habitual and voluntary cultivation of intensive physical effort”) and George Călinescu (“Sport vigor is vital to humanity”) are true. Pain represents the weakness that leaves our body - it is a summary of cycle training and the development of resistance.

As a conclusion there are a few inspirational quotes that may help us change our lifestyle:

“When you really want something, the entire universe conspires in helping you achieve your dream.” - Paulo Coelho.

“Take care of your body. It’s the place where you will spend your whole life.” - Jim Rohn.

IT DOES NOT MATTER THAT MUCH WHAT YOU DO, IT MATTERS HOW MUCH LOVE YOU PUT IN WHAT YOU DO.

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<b>County:</b>	Vâlcea
<b>Teacher:</b>	Mujea Irina-Lucia

I have always thought that a good life means a healthy life and for that you certainly must do sport and eat a lot of healthy food.

Today I will show you my way of having a healthy life. First, you mustn't start working out all of a sudden. You must start with easy exercises, increasing their intensity day by day. Try to spend more time jogging and less time playing on your phone or watching TV. Try to avoid the things that make you sit down for hours and concentrate on a small screen. This will help you have a more active life. You can do crunches, squats and you should go to the gym once or twice a week.

As for food, you should keep away from McDonald's and buy real food. Pastas, fruits, vegetables and organic juice will make your life healthier and wonderful.

Embrace a happy life where you can be healthy, fit and good looking. Your body will be happy and your mind will be active.

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Sport, in all its forms, is represented by the daily household and outdoor duties and organized movement, in a fitness gym or any other gym.

These activities help us develop and maintain a good physical condition; they eliminate stress, insomnia, psychiatric disorders; they reduce cardiovascular diseases; they slow down aging and they make us have a healthy and balanced diet.

We need to practice sport because the human body is designed to move. Since the time when man had to hunt in order to have the food necessary for his survival and until nowadays, nothing has changed – the need to move, to evolve.

But now we need sport and movement more than ever. To be stronger and more resilient in the face of obstacles that man faces daily like stress, obesity and other different diseases; one needs another approach to a lifestyle that most of us are accustomed to. People find too many reasons not to practice sport like an overloaded work schedule, fatigue, lack of time and the accumulation of other activities. I've met people that say they do not like to practice sport.

Another benefit is that sport brings us wellbeing. It was found that physical exercise triggers the release of the happiness hormone.

Lifestyle is represented by all the small choices you make every day that have a short or long-term impact on you.

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I think that sport is healthy, even if I'm not so good at it. Sport has a very big impact on us, humans. It's a way to keep fit and it's very important for us. Some people are famous due to their extraordinary performances in sport – fame and money – are two reasons for which young people try their abilities in a sports' field. Organized sport practiced consciously and constantly has many benefits, among which I can mention a good physical condition. If you have a sedentary lifestyle, you certainly aren't in good shape.

Sport plays an important role in the life of many people. It makes people healthier and it's a good way of spending free time. But sport can be dangerous, too. Here I refer to the fact that you can suffer very many injuries.

I think that we have talked a lot about sports and it's time to talk a little about lifestyle. It's not enough to go to the gym and then eat some fast food, you should also associate healthy food with the sport that you do at the gym.

For little kids, sport is good, because you don't want to see your child being fat. Sport helps them evolve in a good way, developing some abilities like strength. If you don't want to see an entire planet being fat and fast food stalls at two km one from another, then leave the house, go to the gym and do some sport.

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<b>County:</b>	Vâlcea
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Sport is good for health, but only if you are a sport-lover. At our school we play basketball, football, volleyball and handball. These sports help us be active.

People who don't do sport gain some extra kilos, and people who do sport look better. Sport is an activity which influences lifestyle, health and personality. If we don't do sport, we'll be fat and our health will be lower. Without sport we feel tired and we want to sleep, so...if we sleep and don't do sport, we'll be very fat. We must do sport every day, for a good health and a beautiful silhouette. If you are a sport-lover, you must know an important thing like this: you have the chance to be good at sport if you have ambition. People practice sport for pleasure or for relaxation. Sport relaxes you and makes you forget problems and others things. Sport is a drug for the human body. My definition for sport is "sport is the free drug and the most effective for the man". A lot of sports stars like Simona Halep, Cristiano Ronaldo or other sports stars liked sport and now they made it their job and they like practicing these sports. Sport first appeared in the ancient times, as we can see from many ancient art pieces discovered in France (in Lascaux), in Africa and in Australia, too.

In conclusion, sport can be practiced by anyone, because it is a free thing given by God and it brings big benefits all around the world. Therefore, people from today could be healthier if they loved sport so much!

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<b>Teacher:</b>	Geanovu Maria Magdalena

Sport is of a physical nature and may involve competition. It is an activity that can influence lifestyle and health. Sport is divided into several categories: football, handball, volleyball, tennis, boxing etc. In every team the players have a very healthy lifestyle.

Studying sports development in human history shows significant social change over the centuries in different cultures and different countries. Sport is an activity that can involve basic human skills, both physical and mental. They are used very effectively. It encourages cultural diversity in the world. Lifestyle has to do with sports because to have a healthy life you must do sport. To have a healthy life you must take some things into consideration:

1. One must have a balanced diet with proper amounts, varied and balanced.
2. We have to practice any physical activity to have a long life without diseases. The most common disease is obesity which appears because of excessive eating and not doing sport.
3. Sleep and relaxation also have their importance in a healthy lifestyle.
4. Eliminating stress in life. Stress makes us irritable and affects the health of our body.
5. Positive thinking. To have a healthy lifestyle one should eliminate negative thoughts. Positive thinking has a positive effect on the body.

My guess is that sports and a healthy lifestyle are very helpful in helping us have the healthiest body possible because there is a deep connection between what we eat and sports. If we eat healthy food in proper amounts it makes us feel better. It is the same thing if we do sports. These two combined give us the strength to do everything we want to in life.

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Sport is an activity of physical nature that influences the lifestyle, health and personality of people. The first sports were the ancient Olympics games which appeared in 776 B.C. in Olimpia, Greece, and lasted until 393. After that appeared the modern Olympics game in 1896 in Athens. The number of participants in the Olympics game has grown from 241 to 11100 people. There are more types of sports such as: football, basketball, handball, volleyball, tennis, swimming and many others, but these are the most practical. Sport has a very good effect on our health and it assures us a long life.

In the first place, people should do sport because it decreases stress and nowadays most of us are very stressed. Sport means health. People who practice different activities are stronger than others. The lack of sport in our life produces many diseases such as obesity, which is very frequent. We should do sport to be healthy, to look beautiful and live more. Sport makes us happy. The number of lazy people increases especially because of the internet. Children prefer to stay at home all day to navigate on the internet instead of going out to play. Women, men and children replace healthy food with fast food: hamburgers, cheeseburgers, French fries and forget to eat fruits or vegetables.

If you want to have a healthy life and live more, you should do sport and have a good lifestyle. In order to accomplish everything you want you must find a way to combine healthy eating (not only food, but the hours of the meals and having proper amounts) with exercise. That is the key to an educated life.



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The word 'sport' has a long history. Its origins come from the Latin word 'deportare', which means to go out of town's walls and I think it is a present from god to us to make our lives more beautiful.

The first signs of sport's existence are from prehistory, as we can see from many prehistory art things discovered in France (at Lascaux), in Africa and in Australia too.

There are a lot of sports nowadays and we need to do some of them to be healthy and to live longer. The people who do not do any kind of sports are most probably fat or very weak and lazy. That is why sports and the lifestyle have a very big connection; if you do not do sports, your lifestyle needs a change. Also, if you do sports, you are calmer because when you do sports your stress level is lower and when you do sports you can get new friends with common passions.

I like some sports but not all of them. I do not like football; I just cannot understand the meaning of it. I like running, playing tennis, basketball. When I was little I did not like sports, any of them, but my mother told me how useful they are. And now I realize that she was absolutely right. With her help I made new friends, who turned out to be very good friends.

In a kind of conclusion, everybody needs to do sports, because they are funny, very useful for our future, they make us calmer and help us be healthier.



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Practicing sport is very important. A way of having a healthy lifestyle and also practicing sport is represented by going to the mountains during our school holidays, like the place called Azuga. There you can rent bikes and ride them on the mountain paths and take your time admiring the amazing view, breathing in fresh and clean air and trying to relax and forget of all your daily problems. There you can also take long walks while enjoying the singing of the birds, the green of the trees and the grass and the amazing smell of a place where man had little or no effect over it.

Another way of doing physical exercises and keeping fit is using the skateboard or roller-skates. The most loved way of spending time and practicing a sport at the same time is playing football. Children that live in the countryside love playing football with their friends and, in this way, they socialize, they develop their teamwork skills, they learn what fair-play means and they also keep fit. Another game that helps us exercise and bond with our friends by spending quality time with them is handball.

Through sport we also have the opportunity to learn about new cultures, new games and use foreign languages. For example, two or three years ago a team from England came to our school to teach us how to play a new and interesting game called rugby-tag. After learning this game we made our own team and we had the chance to enter contests and win some of them.

Practicing sport has a say in our lifestyle and how healthy we are, mentally and physically. Every sport we practice helps us become better people.



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Sports have played an important role in our society since the beginning of humanity. People have always felt the need to exercise.

There used to be times when kids loved to go out and play with their friends. More than a decade ago, sports were a highly regarded activity in our day to day lives. However with the growing popularity of video games, phones and television, sports and other keeping fit activities had to take a back seat. Doing sports is extremely important and should be much more encouraged.

Sports have a great importance. First of all, they are a means of recreation. They provide relief and a sense of relaxation in one's life's monotony. Sports are a perfect way of escaping our day to day routine.

Secondly, they instill or infuse a healthy spirit to take up the heavy burden of life in a lighter vein and not to think of life either as a tragedy or a comedy but as the ordinary business of living.

Thirdly, it is very important to take care of one's health and to be involved in different kind of activities which help us keep fit.

Fourthly, sports encourage team spirit. Children who play team sports are more sociable, more confident and more relaxed among other people than those who don't play team sports.

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 grow more optimistic about sports since they are a necessity in our lives.





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<b>Teacher:</b>	Geanovu Maria Magdalena

The first sporting activities appeared in Egypt. They practiced a game which resembled bowling. Its name was ‘the game of sticks’. The word ‘sport’ comes from Latin word which means ‘exit outside the wall of the city to devote to sport’. The first Olympic Games appeared in Greece. The ancient Olympics were held in the plain Olympia (Greece), which only men attended. Today, the Olympic Games are played with other sports, for example: football, volleyball, tennis, athletics and so on.

Nowadays, children don’t do sport because they prefer to use the phone, the PC and the tablet. But at school they have to do sport. In the gym class they learn how to do sport exercises and how to play the most important games, football, for example. Children who are talented will participate in school competitions and maybe if they want a career in sports they could be great sportsmen. We must know that sport is not just a hobby, sport is health. Sport has many benefits, for example: it prolongs life, rejuvenates the heart, makes us more beautiful, and makes us happier. To be healthy people we must do sport minimum thirty minutes a day. We can run in the park, we can walk the dog, we can climb stairs. We can do those activities anywhere if we want, of course. But if we want to have a healthy life it is not enough to do just sport, we must eat all sorts of food, moderately.

Health means having sport and a varied diet, it means taking care of your own body by showing interest in what happens to it.



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First of all, exercising is the best way to keep fit and be healthy. It can help your mind and your body. Most people exercise indoors, in a gym or a sport centre, but exercising outdoors can be just more effective. There are many advantages of exercising indoors. Firstly, you do not have to worry about bad weather. In addition, it is safer to exercise indoors because you do not have to worry about traffic and slippery roads. Furthermore, in a gym or sport centre, there are professionals to help you so you do not hurt yourself when practising activities. During outdoors activities you can fall and break your arm or your leg.

However, exercising indoors does have some disadvantages too. To start with, you do not get any fresh air inside a gym. Gyms or sport centres can get crowded and you can waste a lot of time waiting to use the equipment. In addition, there are not many activities you can do: for instance, you cannot practice sports like windsurfing or hiking.

I believe that exercising outdoors is healthier and a lot more fun. You can do anything from playing football to surfing or hiking. In my opinion most of us spend too much time indoors and even a jogging around the park is healthier than being stuck in a stuffy overcrowded gym.

In a nutshell, if you want to have a healthy lifestyle, sport won't be enough. You need to improve your diet. You should eat more fruit, vegetables, drink natural juice or milk.

Living in the countryside is healthier than being stuck in a big city; the air is cleaner and food is healthier.



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<b>Teacher:</b>	Drăgoi Mihaela

Practicing sport is a healthy way of spending our time. It helps us develop our body in the best way possible, but we should not exaggerate. We should keep in mind to always follow the rules. As children, practicing sport is very important and our physical education classes from school represent the best time of the whole week. At school we practice sport by playing football, handball and rugby-tag. It is a very nice way of spending our time together with our classmates. Running is also a way of practicing sport and it helps us keep fit and have a healthy lifestyle.

A very important role in the development of a child's body and mind is doing physical exercises, but also having a balanced and healthy diet. What we eat and when we eat counts and affects our body and, eventually, our lifestyle. We should keep in mind to eat fruit and vegetables with every meal. They have a lot of vitamins and can be eaten cooked or raw and we can also find them very easily in the countryside. It is even a pleasure to climb trees for apples and pears and it is also a very good exercise.

Eating healthy and practicing sports helps us become better and it offers a slight image of the way we are going to look in the future, how healthy we will be and how good our body will look. Being healthy by practicing sport gives you freedom and offers you new possibilities; it opens the world to you and widens your perspectives.



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<b>Teacher:</b>	Geanovu Maria Magdalena

Sport is hard because it can get annoying when you get fat. It is so hard to lose weight sometimes, but I can tell you from my experience how to do that.

Every day, you should do sport for thirty minutes or more, exercises like squats, crunches, but not a lot, just as many as you can, because this will work if one does it three times a day.

The 'food pyramid' advises us to eat vegetables (cucumbers, tomatoes, onions) and to avoid regular bread, to try black bread and stay away from junk food.

Your brain says eat, eat, eat, eat, eat, because it says a little today, a lot next week, and you will be become a fat human, which is not nice or beautiful.

When you do sport you must have one thing in mind: I'm the best one and I will lose weight! There are times when your senses go wild and there is something in your mind which pushes you to eat chips, sandwiches... a lot of junk food! If you do this, you will do the exercises in vain, and after that you must do it all over again from the beginning, which is hard. The best time is when you realize that your clothes are getting too big for you!

Look at John Cena, the renowned boxer, who eats junk food, but his organism is different from ours. He has a six-pack, you don't! Changing your lifestyle is the best way you can have a six-pack.

Finally, you will have a perfect and toned body with these exercises and you could have a career in sports, helping other people have a healthy life.



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For many years, sport has had an important role in human lifestyle. For some people, sport is a part of their daily activity, for others is just an occasional activity. But many people do not know the huge benefits of sports and are not aware of the enormous positive effects on people's lifestyle and health.

Firstly, I consider that sport should be a main activity for children. They need to understand that sport has a major positive impact on their health than any video game or TV show children can watch for hours and hours. However, schools need to focus on sport activities and consider sport activities an important feature of school curriculum.

Secondly, I believe that sport has an appealing advantage that can prompt people do sport. The advantage is called entertaining. For example, many people play football because it is the best known sport all over the world. There are millions of people who watch football games on TV, besides playing it with friends. Also, sports like tennis, handball or swimming are practiced by people who at first watch them on TV and then decide to try it.

To sum up, to my way of thinking, sport has a major positive impact on people's lifestyle. From children to old people, practicing a sport means improving one's health, stamina and vigour. Also people need to realise that sport is one of the pillars of a happy and healthy life and should strive to make it a part of their daily agenda and thus enjoy its many benefits.



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### **Sport, the component of a healthy lifestyle**

To my way of thinking, health is one of the most important values, both for people, and for society, and itself it is also an important condition of sustainable development of a nation. Behavior regarding nutrition and sports activity must be cultivated through education, as fast as possible.

First of all, measures that prevent overweight must intervene both dietary behaviors and over sports activity. It is enjoyable and beneficial when: a person runs daily; it takes a minimum of 60 minutes per day, weekly; it has a moderate-intensity; it takes place in a gym hall or outdoors, it becomes a habit for lifetime. As far as I know, sports reduce the risk of cardiovascular disease, diabetes and many other diseases. Furthermore, sports have an important role in maintaining a normal body weight. The benefits of any sport activity are: heart and lungs becoming healthy; improving self-control concerning anxiety and depression; increasing self-confidence; lower probability of adopting unhealthy behaviors like: smoking, alcohol consumption or drugs.

Moreover, there is recommendation to be more active: climb stairs instead of using the elevator; using the bike or walking more; do more exercises instead of using the phone or surfing the Internet; joining a group who practise a sport. Sports activity is important for physical health, but also for the mental one. Its deficiency and other sedentary behaviors lead to obesity, the most important health problem in Europe and the United States of America.

To sum up, people should understand the benefits of practising sport activity for a healthy lifestyle or probably they even will earn a lot of awards; of reinforcing the habit of practising daily sports; doubled by consuming more fruits and vegetables, a regular consumption of breakfast. If people do this regularly, they will have a healthy lifestyle.





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Nowadays people have less and less interest in sports added to a chaotic lifestyle. The main excuse in front of refusing to do sport is lack of time. But I think that it is an excuse and when we want something, we do our best to achieve it and we find the necessary time for everything. In my opinion, sports are extremely important in every person's life, because it has a lot of benefits, not only on people's health, but also on their perspective of life and on their mind.

Firstly, doing a sport has a great impact on our mind. It helps us to relax and to accumulate information easily. Having your mind fresh means more chances to see things differently and to try to find the best solution for the problems. Exercising is a natural way to loosen up and eliminate stress. Also, it gives people a lot of self-confidence by hard-working and trying to give their best in order to achieve their goals. If people can achieve something in a sport or with a fitness goal, then they know they can achieve any other goal as well, which is a very rewarding and wondrous process.

Secondly, sports improve the level of fitness and weight goals. It develops a great ambition in people to overcome physical and mental obstacles. Doing sport implies a lot of consequent healthy decisions such as: not smoking or drinking. Moreover, our heart will be healthier and the risks to do osteoporosis or breast cancer are lower. Furthermore, it encourages us to socialize, to meet new people and to make new friends. For children, doing a sport is a way of learning about fair play, ambition, competitiveness.

In conclusion, it all depends on our perspectives and choices: if we choose a healthy, active lifestyle or a sedentary, dangerous one. To my mind, parents should encourage their children to do sports, regardless of the type, and to adopt a healthy lifestyle.







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“A sound mind in a sound body” is a well-known saying; the health of the body is essential for success in life and in order to keep healthy, one must take an active interest in sports.

In my opinion, sport is extremely important, and should be encouraged much more. Children and young people in particular need to do sport so that they develop good habits, improve their health and fitness and develop social and communication skills.

First of all, “A healthy nation is always a wealthy nation”, therefore it is necessary to put emphasis on sports. As the quote suggests, the advantage of sports for people is that it helps them be healthy and be fit. Furthermore, doing sports can improve mental health as well as physical health and consequently makes people feel better about their bodies.

Secondly, sports also allow people to develop personally. Social and communication skills can be learned and developed through sport. Teamwork, for example, is naturally learned through participating in sports team. Many people will also develop leadership skills through sport, often discovering abilities that they never knew they even had. More than that, one of the most important conditions for sportsmen is being punctual and disciplined, thus gifting the society with strong as well as built individuals.

In conclusion, sports help us to release our competitive urges and help us get more exercise, but despite all these sports advantages, there are still people that can't believe that sports are useful and beneficial. I hope that in the future this kind of people will tend to be more open to sports since this is one of the essential necessities of our lives.



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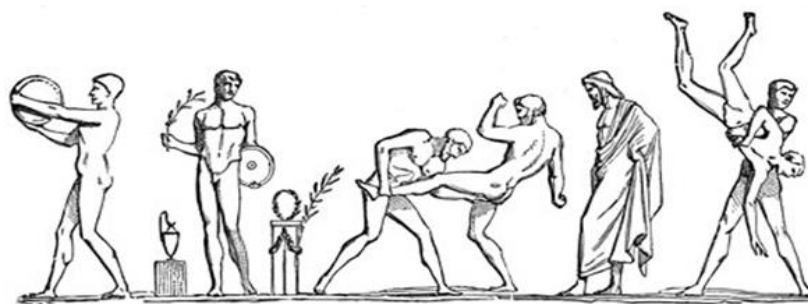
Sports represent an activity which involves physical effort. They can be practised individually, like athletics, or part of a team, like basketball or football. It is said that sports are probably as old as human intelligence. In order to have a better understanding of the world of sports, we should get a quick glimpse into the magical world of Ancient Greece where sports were held at high esteem.

The ancient Greeks believed that if people practised sports, they would develop warrior values, discipline and physical strength. Boys used to practise sports ever since they were 7 years old, like training for battles where physical strength and stamina were the essential skills for a successful social status. We can observe that the concept of doing sports was an assembly of physical condition, but also a lifestyle that involved discipline, self - control and self-expression, like intellectual qualities.

In summer, when they were celebrating Zeus's holiday, they made a special place where Greeks men took part in an array of athletics competitions. This celebration was called The Olympic Games. In time, it has become popular and people have built arenas in different cities. They believed that Gods endowed champions with physical strength and the ability to participate successfully in the Olympic Games and that is why the champions were held in high esteem.

Today, the Olympic Games have become an international sports event that takes place every four years. The Olympics have evolved substantially over the centuries. The rules, requirements, frequency and more have undergone significant change since they were first held in Olympia. But one thing that has remained unchanged is the spirit of competition.

Scientists have discovered that doing sports is bound to develop intellectual activity and also to strengthen muscles and improve sanguine circulation. Nowadays, sports represent a lifestyle and an essential part of our personality.





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### Sports equal life

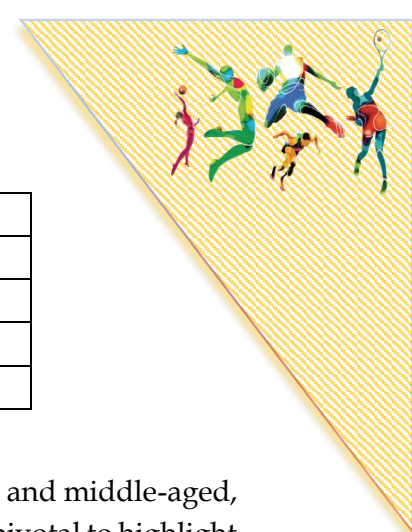
In my opinion, sports are an essential component of life, because they maintain our health, which is of paramount importance to any human being. People should embrace sports and improve their lifestyle, in order to be able to lead a healthy way of life, as the Latin proverb goes: “Mens sana in corpore sano” - A healthy mind in a healthy body.

First of all, sports prevent many health problems. It is based on a human being’s ability to decide serious vital tasks and surmount various obstacles. It is a necessary condition for a man to live a long and happy life. Thus, a correct program of physical exercise at a gym or at home makes one have a good feeling and provides sources of energy throughout the day.

Secondly, most people think being healthy is an expensive and difficult lifestyle. It is really not much different or much more expensive than the way that the most people live now. Jogging, volleyball or football with some friends, to name just a few, do not require any money. So these are merely excuses that hold people back from leading healthy lives.

Lastly, sports allow people to develop personally. Social and communication skills can be earned and developed through sport. Furthermore, doing sport can improve mental health as well as physical health, with exercise being helpful for people with depression. It also makes feel better about their bodies, which can dissipate their feeling of worthlessness.

To sum up, I believe that with a little effort each person can take care of them and be able to live healthy lives because our body is a reflection of us. All in all, the fact that playing sport is good for us, is completely undeniable, because sporting activities help both our minds and our bodies, and ultimately means an extension of our lifespan. And, after all, who doesn’t want to be forever young and live long?



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According to recent studies, the number of individuals, both youth and middle-aged, who take up a sport is substantially growing. With numbers like these, it is pivotal to highlight the positive values behind this attitude.

First of all, the most tremendous benefit of sports is undoubtedly physical development. People who do regular exercise develop stronger muscles and bones, and are less likely to suffer from physical injuries. Furthermore, any parent knows that young children are filled with energy, eager to run, jump and play. Transferring this natural energy to a sport helps them stay active and healthy as they grow up, and avoid the possibility of a sedentary lifestyle. Consequently, in a society where obesity has become a major health issue, the physical fitness advantages cannot be denied.

Secondly, a large number of people claim that nowadays they experience stress or anxiety on a daily basis, as they are struggling to balance the life's demands such as studying, working, leisure and spending time with the beloved ones. In our times, where the majority of people spend long hours sitting in their office staring at computer screens, some sort of physical training is imperative. Therefore, we must balance that shift in our lifestyle with the purpose of not allowing stress to interfere with our personal lives. The easiest antidote to daily stress is all-natural and effective: exercise. There is a countless list of exercises which go a long way towards stress management and generate a more Zen-like existence.

All things being considered, when people are exposed to proper environment and the right amount of effort, there is nothing else which offers them the wide number of benefits that doing regular exercise does, and gives them a good feeling over their body and life.



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Sports play an important part in maintaining our lifestyle healthy and helping our body to function well. Furthermore, sport is considered to be only a small percentage to our healthy lifestyle, our diet being on the first place. It is commonly acknowledged that we cannot outwork a bad diet. As far as I am concerned, I consider sports important even though I am not a big fan of them. The key is to find a sport that you enjoy, so that it does not feel like an obligation to work out every time you need to.

Firstly, by practising a sport you increase the chance of gaining muscle and losing fat, thus having a slimmer and fitter body. If the goal is to become leaner, a balanced diet should also be included, meaning that sweets and unnecessary fats must be cut out of your daily diet. That might seem hard at first but it takes the body about 21 days to get accustomed to a new habit of eating.

Secondly, overdoing it can seriously harm the body, making it hard to recover. However, not working out at all is also not acceptable, because we slowly become sedentary, meaning that weight gain will kick in. That is why everything should be balanced and not overdone.

Lastly, and most importantly, is drinking water all the time, because sometimes we feel hungry when in fact we are not, so drinking a big glass of water can help to diminish that feeling of hunger. Moreover, water makes us feel not only great, but also makes our skin look and feel soft and acne-free.

In conclusion, taking care of our body and making sure that it is well nourished and kept is an important part in our lives, because without our bodies we would not be able to do anything.



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### The importance of sports

Nowadays, society tends to reconsider sports as a vital element for a healthy lifestyle. Countless studies confirm the importance of it, seeing sports as the ‘elixir of youth’. As far as I am concerned, practising physical exercise entails numerous beneficial effects, both for body and mind.

Firstly, sports offers plenty of advantages for the body. It develops the muscle strength and helps burning the fat tissue. Thus, sports is the main factor that could fight obesity and keep weight under control, as well as improving the physical aspect. Also, it fortifies the immune system, the bones and the heart, rising the stamina and the resistance of the body against different diseases. Not to mention that exercise improve the blood circulation and the amount of oxygen that arrive at body cells, enhancing their activity.

Secondly, physical exercise involve a series of positive aspects for the mind. When practising, the body produces some substances named “endorphins”, also known as “the happiness hormones”. These increase the general welfare and fight depression, anxiety and stress. In this way, sports promotes a positive mental attitude, the joy of life and clarifies the brain. This confirms the famous quote ‘Mens sana in corpore sano’.

To sum up, I believe that sports is essential for a healthy body and mind. It boosts with energy and invigorates every part of the organism, improving the quality of life. Therefore, it is important to be aware of its value and to practise sports regularly in order to obtain all the benefits of this miraculous activity.





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No one has a perfect life. Nowadays, everyone is asking what to do to have a better life. There are some of them who know the answer, but unfortunately not everyone. The human race will always want something new every day that kind of thing which will help them be happier than the days before.

In my opinion, that thing which everyone is looking for is called sport. I am totally sure that all of you had heard about it and some of you used to practice a kind of sport, but no one has ever thought how beneficial it can be.

Firstly, to participate in sports is more than important, it is necessary and sports should be encouraged more. They should be practiced in educational institutions, because the main benefits of sport are improved health and fitness. Moreover, sports allow people to develop personally. I agree with the fact that social and communication skills can be learned and developed through sport, but some sports require teamwork whilst others require leadership skills and thus you will discover new abilities that you had never known you even had.

Secondly, having a sportive lifestyle is better than having a normal life and better than having a lot of money which is going to be spent on food and is not healthy, those things can have a negative impact on your body. As well as improving cardiovascular health and fitness, it is also good for the musculoskeletal system, making muscles and improving the strength of bones and joints. People who do sports will be stronger and that means they will have a better ability to lift and carry heavy things.

Thirdly, practicing a sport can help forget about the problems which are in life, and having a lifestyle based on sport, can help you more than you have ever thought. Because it's beneficial for the mental health, even if you are feeling sad and down in dumps, doing sport makes people feel better about their bodies and moreover, make them happier. As we all know, people are used to eating a lot when they are sad, but with the help of the sport the risk of eating disorders is reduced.

In conclusion, there are no negative things which can appear in your lifestyle due to sports. Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new sport and game every day. If you think about having a lifestyle based on sport, then you will be successful. Success is where preparation and opportunity meet.





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Firstly, sports have existed in human's life since ancient times and they helped him improve himself both physically and mentally: „Mens sana in corpora sano” („Healthy mind in healthy body”). If at the beginning they were occasions to entertain people and make the athletes famous, now people are practicing sports for various reasons: to get in shape, to socialise, to gain money, to better themselves, for charitable reasons and so forth.

I believe that sports can determine you to have a healthier and longer life because the scientists have proved that there is a direct correlation between sports and longevity. The muscles are set in motion and the brain is forced to think faster. After practicing a sport, you have much more energy and your body is in a better shape. Exercise reduces the pressure because the chemicals which are released in our body when we practice can reduce stress and help us feel a little happier.

Team sports can be very fun! They give you the opportunity to set aside your PC or Smartphone and to go out and play with your friends. During this time, you forget all your worries and you relate better to your friends.

Personally, when I was little, I was chubby and my friends called me names because of that. It was very hurting. As I grew up, I started to go to the gym and I practiced a lot of different sports and now I am slim and tall and I get many compliments. I consider that the sports gave me more confidence in myself too, it made me more sociable, I did better in school and I have gained teamwork skills.

In conclusion, sports, like music or any kind of art, break all international barriers and they make us act and think as one.



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Sports are very important in people's lives because they help us to be healthy, physically and psychically.

What's sport? A definition says it's an activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively. There are many sports but all of them have something in common: discipline. Sport can be considered a lifestyle if you practise it regularly and if it is part of your daily routine.

My favourite sport is dancing. I have been practising it since 2013. I think it helps me a lot on my physical and mental development. I feel like dancing I can channel all my energy in choreography and I am free to express myself.

There are many dance styles and the style you choose will represent you. My favourite is Street Dance, because I've found myself in it. This dance style has roots in Break Dance and Hip Hop, using the same style of movements and attitudes, but gaining its name because it evolved on the street. Street Dance is often performed as a battle.

Street Dance is very popular nowadays, especially among young people. Its popularity is due to television shows such as: Britain's Got Talent.

I do other sports such as: running, cycling and skating. Of course, all of them have benefits but in my opinion regular dancing is great for my bones, my muscle and my posture. And because I'm a girl I consider dancing the best way for losing weight.

Although we choose to practise a sport, it's not enough. We have to take care of our daily diet and programme. I mean, it's important what we eat and how much time we spend doing other activities. We all know that fruits and vegetables are the best. But, on the other hand, meat and fish are also good.

In conclusion, there must be a balance in everything we do and the most important thing is to do what we like, 'cause without passion nobody can succeed in anything.



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In my opinion, sports have a great value in our life. Participation in sports is extremely important for all of us. There are a lot of sports in the world and I am sure that there is one suitable for everyone, all you have to do is to want this.

Firstly, the main benefits of any sport are improved health and fitness. 'A sound mind in a sound body' is an expression so familiar and so often quoted which expresses a profound truth, more exactly the body is the temple of the mind and is intimately connected with it. Especially for children, sports have a great impact. Playing sports can help children develop healthy bones, stronger cardiovascular systems and powerful lungs and many more besides. Also, it is not just the body that benefits from sports, playing sports contributes to mental health, helping to prevent depression and reduce the stress, because our body feels good while doing sport.

Secondly, sport is able to bring people together, which is so important in our lives. Both children and adults who play sports have the opportunity to develop friendships centered on healthy and enjoyable activities.

Moreover, playing sports help teach honesty, teamwork and fair play. Learning to follow rules and respecting teammates and opponents can also be essential and, also, people experience the role of a light winner and loser and in this way they teach each other about moral values. Sports competition, in general, can teach individuals about self-confidence and managing stress.

In conclusion, sport is an excellent means of spending one's leisure time and in many ways similar to a pill that can cure several diseases. What's more, practicing sports is free.



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<b>Teacher:</b>	Oprișan Ioana

Sport is socially highly considered both as leisure activity and as a profession. More and more people choose to build a career in this field.

I consider that sport has to play an essential part in our lifestyle. Once it has been included in a daily routine, it improves both the health and nutrition behavior.

On one hand, when sport enters our life as a leisure activity, it contributes to the development of social and personal aspects. It has been proven that people who are involved in sport clubs such as football or basketball – usually those who request teamwork – are more sociable and cooperative than others who do not do sports. Furthermore, they are prone to develop a more competitive spirit and to increase self-confidence. However, it is known that physical exercise is beneficial for mind, body and soul – in other words, a very rewarding process.

On the other hand, choosing to build a career in the sport field is a brilliant idea. It is obviously a winning combination. In these times, there is a huge need for health and leisure scientifically educated experts – those who are able to mix socio-cultural aspects with physical exercises, in order to establish a harmonious balance. As a plus, people who have a degree in sport manage to combine pleasure with work.

To sum up, a healthy lifestyle is possible due to sport. It brings both physical and spiritual benefits, contributing to the wellbeing. The aim of doing sport is to strengthen the body and to promote good health. At the same time, it assures a happy behavior.



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<b>Teacher:</b>	Ambruş Veronica

Sport is everywhere around us. We can see it on TV, children practise it at schools or in the parks, everybody moves all day long. Sport is the best way to relax and do something different from the normal routines. We surely can define it as being a lifestyle.

Unfortunately, there are a lot of fat people today. They often look for miraculous diets in order to lose weight. They often change different diets found on Google, but with no effect. They don't understand that without doing sport every day, no diet will have results. That doesn't mean that all diets are bad or that eating healthy isn't good. It is, but not enough! You should do sport and have a diet in the same time.

Nowadays, practising some types of sport can be very expensive. The most expensive sports are: equestrian, formula 1, polo, bobsledding etc. The most important thing in all these sports is money without which these sports are not possible. All these sports are always associated with elite class as they can afford them. But don't let that ruin your dream! You can find solutions and if you're good enough you can become a champion, someday. Who knows? No one can say that practising a sport is easy, because it isn't. In fact, it can be very hard. If you want your kid to practise a sport, you should tell him/her that he/she will be very busy. But with a very good discipline, they can work it out.

Most children don't do sport for real, like their parents used to do. Instead of going out or at the gym, they prefer playing virtual games. But their parents should think about this: with the money spent for an Xbox, a kid can practise a sport for about a year. And we can add to this all the other benefits: the child's health, his self-esteem etc.

So people, let's choose what's best for us!



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<b>Teacher:</b>	Popescu Elena

We all learn at home or at school to live and to be healthy. Probably we will not all be athletes but we still run once a week for half an hour in the park or go to the gym. If you're not passionate about the run, you can try other sports such as tennis, handball, basketball, football and more. You must find a sport that you're passionate about. You can take up a sport that triggers your curiosity and you may be tempted to try it.

Sport has a very important role in our lives. Along with the ability to easily withstand daily activities, practicing a sport entails a harmonious development of the body. By playing sports, the body is protected from extremes such as disgraceful weakening of the body or obesity. With this balanced body modelling, we will learn the body with a healthy diet. These issues have a direct influence on our physical health and allow us to guard ourselves against various diseases. Because today most of our lives are spent as children 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 outdoors, in nature, away from technology, which surrounds every time. It has many benefits. One of the best benefits is that we get rid of stress and negative energy we accumulate. For many people sport is a burden and they believe it is a waste of time. After doing sport we can observe a release, you feel calmer and fuller of life. Besides sport we must have a proper diet. We have to eat regularly, many vegetables and fruit. When doing sport it is important to drink plenty of water.

From my point of view it is very important and enjoyable to do sports.





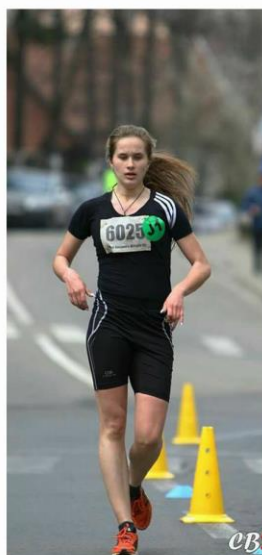
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Sports, a magical make up word and, for me, they mean the center of my universe. I have been doing sports since I was ten years old, now, at eighteen, I realized that was and is the best choice I have ever taken in my life.

Firstly, I encourage people to choose a healthy lifestyle, to come to the stadium and do some exercise or even running. In my experience, sports helped me to develop both my body and mentality in a harmonious way. I realized that “I can’t” does not exist, just “I don’t want to”, here is all about mentality when people reach their “dead point” they quit. But sports teach us how to get over that moment, to do not give up and in the end to succeed. Moreover, in practicing a sport, people win vital things that money cannot buy: health, experience, and deep moments of happiness and, of course, to become an able-bodied person. That is the main reason I encourage people to do sports, even for pleasure to play football, basketball, handball or other sports, there are many we can choose from. These are moments that are worth living for, and also we can learn how to be a part of something bigger than us, a team and together to win.

Secondly, in all these years, sport had remained the biggest pleasure in life that maintained me alive and beside Athletics I discovered a new passion, refereeing. Sports keep me in a good mood and thanks to this hobby I’m doing something that I love. Because in the end it doesn’t matter how many years we live, but how we spend our years in order to have memories to tell to our grandchildren. And unfortunately, those memories do not come from work, money or clothes. They come from the real moments when we are really alive such as practicing a sport, develop our bodies because nowadays society’s children tend to become obese due to lack of physical effort.

To sum up, sports have a huge impact on us not just on our body even on our hearts because once people do sport, they gain true treasures in life that nothing and nobody can steal.







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<b>Teacher:</b>	Oprișan Ioana

Sports play a huge role in our everyday life whether it is physically, mentally or spiritually. Each athlete has his own reasons for playing a sport, be it the competition, socializing with other people or the glory he finds on the playing field.

First of all, sport prevents many health problems and renders enormous influence on our health. Health is a necessary condition for a man to live a long and happy life and it encourages him to live it that way. People should be encouraged when they are very young to play any sports, so that they won't become inactive and grumpy as they turn into adults. Having an active life since childhood can influence your future work path, because you become an organized person who will be able to get along with his co-workers.

Second of all, sports allow people to develop mentally. Social and communications skills can be learned through sport, because teamwork is naturally learned through participating in team sports and games. People's self-esteem will also improve as they discover they have different abilities and can make their body fitter than ever. People will look up to them and consider them a role model and that will only make them feel better about themselves. Their mind will always be peaceful and friendly all the time.

In conclusion, playing any sports can become an important thing in our lives and everybody should at least perform a sport every day for a minimum of thirty minutes, in order to have a balanced relationship with their mind and body.



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There are two big ways to keep your life healthy, sports and a correct diet being among them.

In my opinion, sports are not beneficial only for the body but for the mind as well. What I mean is that sports increase the mental capacity and turn disorganized people into organized ones. Sports can make any type of person integrate in a circle of healthy people and make them socialize more. They reduce risks of diseases by increasing the strength of the immune system which works like a shield.

A person who practises sports is determined to eat healthily because he has other alimentation needs than a person that does not practise any type of sports, also becoming aware of the importance of a balanced diet.

A correct alimentation contains lots of vegetables and fruit and reduces lightly the consumption of meat. People should always include all of them in their nourishment. When it comes to bodybuilders, the whole situation changes, because a bodybuilder's alimentation is totally different. Their diet contains a lot of meat, all the categories of meat, chicken, turkey, fish and lean red meat, they are all full of proteins. Besides meat, the alimentation also includes egg whites, beans, vegetables, sweet potatoes, oatmeal (these two are slow-burning carbs), a lot of water and the last one whey protein.

A good lifestyle, from my point of view, is based on sports and a balanced diet, as long as people do both of them, they can claim that they are definitely healthy. Sadly, nowadays many people prefer eating junk food instead of healthy food and staying in front of the computer all day long instead of practising some sports. I reckon that there are two reasons why people refuse to do these things, which are essential, first they are lazy and second they just do not have enough time.

In the end, I suggest everyone to try to include sports and healthy food in their lives because they do not only make you look good, they also make you feel good. Do these and you will have a great lifestyle!



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### Why to become an active person

Whatever if it's about a boy or a girl, everyone wants an athletic body. Yet, sometimes we do nothing about this...

An athlete usually has some experience, so he can help you, at least with some advice. That's why, an athlete is the best option when it's about a mountain trip, or a training session in the park. Besides, when you have a sports person as company in trips or any type of training, you can share opinions about the exercises quality, nutrition and even opinions about equipment. Surely, an athlete it's also attractive because of his interesting lifestyle, because of his body constitution, his defined body, that delights even the most inexperienced sportsman's sight. I think you saw at least once in life an athletic person, and you appreciated his body, and the way he looks. This kind of persons take care of their bodies, proving that they have a well grown and organized character, and that's what inevitably stays at the base of a healthy and organized life.

We all know that people with an athletic body have a bigger self-esteem and a higher grade of courage. Because of the help they get from their bodies, they're not afraid of any physical challenge. Most people seek for athletic people company especially when it's about a mountain trip, or activities that requires high physical effort, like swimming, climbing, running, etc...

We can't exclude the fact that girls will feel good and safe in the company of this kind of guys. Being an athletic person, you know what your abilities are, so you get confident in what you can do. That's why sports people, knowing the abilities provided by their bodies, have the courage to do amazing things. Also, you get more confident when it's about to show others that you're not their toy. Yes, you understood. No more bulling.

Now it's your turn!



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### How to be healthy

One of the main things humans are striving to achieve is maintaining a certain level of health and happiness, this being the main problem for the modern man, since everything is rushed and the technology itself is always bringing new factors that we as humans are trying to accommodate with.

My personal view is that sports and lifestyle go hand in hand, that is why they should coexist together, since a healthy lifestyle is not possible without a certain level of activity, therefore the role of sports is coming into play.

First of all, as a teenager, I do understand that my body goes through a number of changes, both mental and physical, therefore, in order to keep myself one step ahead of all the teenage drama, combined with my body, which seems to have a brain on its own, I focus on sports and on keeping a healthy lifestyle.

Most of the times people do not realize that happiness is a concept based on simple, everyday tasks, moreover they tend to look for it in all kind of hard to reach places, when by simply being active, doing outdoors activities and spending time with friends and family is an easier way to find it. That being said, practicing a sport could easily influence the level of happiness, while keeping both body and mind healthy.

Secondly, a healthy lifestyle does not necessarily means going to the gym daily and sticking to crazy diets, but gradually getting rid of bad habits, laziness, basically the whole couch potato attitude.

Finally, I strongly advise anyone my age to educate themselves on the importance of sports and how a balanced lifestyle should look like and maybe joining a sport club afterwards.



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A lot of people consider sports to be very important in our everyday life and anyone can approve with the idea that playing a sport no matter which one, will bring only benefits to both body and mind. History also shows that young men who excelled in the field sports were able to prove their worth later in the battlefield. Sports have their very great utility, because of several reasons.

First of all, sports are very good source of recreation and I think that especially for young people a sport is way better than spending a lazy life. Some examples of the way the young generation wastes time could be sitting in bed or just play on the computer or watch TV. For them, practicing a sport would be excellent even just for the simple aim of recreation.

Secondly, sports are a very useful thing because they are very good improvement to our lifestyle. Playing a sport will help you maintain your health and your physical condition, but also it will help you have a clear mind and you will be more active, more fluent and your mind will work better and for me that is the best reason why anyone, no matter the age, weight or social condition should start practicing a sport.

In conclusion, sports and a good lifestyle are two things that work hand in hand and together they can offer you the life you have always wanted to have.



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Engaging in sports activities is extremely important, and should be encouraged on a larger scale. Children and young people in particular need to do sport so that they develop good habits that they can continue into adulthood.

Firstly, being an active participant in sports activities means that you have less time to waste around. While people who do not take part in sports are often seen fighting with ailments in their adulthood, such as cholesterol, diabetes, etc; active people are seen leading comparatively healthier lives. The main function of exercise is to achieve a higher level of fitness and health, both physically and mentally. Sports also allow people to develop personally. Social and communication skills can be learned and developed through sport.

Secondly, healthy lifestyle calls for healthy food. Usually healthy food is simple. The daily menu includes meat, fruits and vegetables, milk products. Fruits and vegetables contain different vitamins and give us energy. If you want to have a beautiful strong body you need to do sport and to maintain a healthy lifestyle. A cause of obesity today is the lack of exercise and a chaotic style of eating. Children choose to stay in front of a computer instead of practicing a sport and parents should know the dangers and ought to guide the child toward a healthy lifestyle.

In my opinion it is essential to practice a sport and have a healthy lifestyle. Sport offers lots of energy and strength also removing the tiredness and lethargy by improving the blood circulation all through the body and promoting the physical and mental well-being.



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A definition of sport says that sport is any form of competitive physical activity which aim to use, maintain or improve physical ability and skills, while providing enjoyment to participant and in some cases, entertainment to spectators. The benefits of sport for an individual are multiple, such as: reduce stress, improve sleep habits, boost self-confidence, and improve concentration and so on.

It is usually considered that wrestling and boxing were the first sports. Competitions using the simple mode of human transport, running, would also have been among the first sports played.

At the international level the recognition of sports took place with the introduction of Olympic Games in Greece. There is a legend about Hercules, son of Zeus, who is considered the founder of Olympic Games. Ancient Olympics had two major events – the Equestrian and the Pentathlon events. They were held every four years. Modern day Olympic games include sport events like: Canoeing & Cycling, Table Tennis, Taekwondo, Gymnastics, Judo and many others. So the evolution of sport is a very long one. It has evolved from typical physical-only sports to mind-sports (chess) and later to motorized sports (formula 1) and e-sports (video games).

Personally, I prefer online-video games and team sports because I like playing with a team. You know, more people mean more power. Team sports do more than just keep us fit. Team games help us not only physically, but also mentally and emotionally. Working together teaches kids how to develop friendships and empathy. On the other hand, although there's a certain level of stigma associated with video games, they actually offer many benefits: they are good for memory, they increase coordination, and they can really help you to improve your decision-making skills.

In my opinion, practising any type of sport is the best alternative for a healthy life. It is also a good choice if you want to lose weight, to have a long life. Sport has been the most popular form of recreation for people since immemorial time. Sport is everywhere and it's for everybody!





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Sport plays an important role in the life of many people. Sport and physical activity in itself may not directly lead to benefits but, in combination with other factors, can promote healthy lifestyles.

In my opinion nowadays any person is offered a wide choice of supermarkets, various sport clubs and worthy leisure. Speaking of lifestyle sports, there are numerous sportive activities, advanced equipment and professional trainers. This is probably the landmark of healthy lifestyle today.

Sports help us in so many ways and on so many different levels. First of all, we improve our physical health and meet our human body needs, staying strong and fit. Having a healthy and active lifestyle improves the physical and emotional aura of a person and also helps to develop a much stronger mental health. Furthermore, sportive activities bring joy, satisfaction and self-confidence. Whether you are playing sports, working out at a gym or taking a walk, every sport involves effort and conquest. We certainly get a more meaningful understanding of life and its lessons.

Second of all, lifestyle sports increase the energy and help us to live a full life. Playing sports helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers. Sports bring teens together from different schools, backgrounds and communities. Many times the friendships you create on the fields remain intact even when you are not playing sports.

In conclusion healthy lifestyle sports benefits cannot mean the same to everybody, because there are amateur and professional sports, practiced indoors and outdoors. Anyway, sport provides an excellent opportunity to express ourselves in a healthy way.



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Everybody agrees on the importance of being active. Any type of physical activity has the possibility to improve someone’s physical and mental health, make them stronger or maybe even offer them an idea of a possible career.

In my opinion, participating in sports has many positive effects. People can choose a favorite sport on which they can focus. Doing it with passion makes it significantly easier for people to get active.

Firstly, sports have an undoubtedly huge impact especially on physical health. A person that works out at least a few times a week has a stronger body, a bigger muscle mass, stronger heart rate and a lower body fat percentage, especially if they follow a healthy diet. This way, many of the chores that most people are not comfortable to do are not a problem for a healthy and strong person.

Secondly, sports are known for being an amazing way of spending free time. Whether they do it for fun with their families or just to get a fitter body, most people tend to enjoy sports. Considering the fact that soccer, football, basketball and baseball are the most played sports around the world, we may conclude that people enjoy interaction and competition.

Lastly, playing sports just for fun in childhood has proven to be a good way to choose a career. This is where sports become not only a way to spend a Sunday afternoon, but a lifestyle. Therefore, there are many happy and famous people whose lives revolve around sports.

In conclusion, I strongly believe that sports have a great role in someone’s life and they should be taken in consideration now more than ever, because in the century of speed, taking time to improve your health is crucial.



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Has everyone ever wondered how is it that some people are so healthy? I have the answer! Sport is a very important aspect of our lifestyle. I am sure that many of us do not know why sport is so important for us and we really do not take into consideration this aspect. Firstly, to my way of thinking a healthy nation is always a wealthy nation; I mean that when you have a healthy body you have a healthy mind too. We need to practice a sport, it does not have an importance if this is just jogging or if this is a demanding sport, an Olympic sport like gymnastics. Therefore we always need to do sport at least thirty minutes a day to be sure that we are going to the right way of living.

Secondly, in my opinion a main benefit of sport is that it develops social and communication skills. Participating in any competitive sport also improves our ability to handle pressure and still perform well, as well as teaching us how to win and lose graciously. If you practice a sport like football, handball or athletics, you are in a team and a team is like a second family. It encourages the growth of team-spirit.

Thirdly, I consider that sport helps people which are overweight to achieve the normal weight for their age. People that work out on a daily basis burn more calories than people who do not practice any sport and whose lifestyle is not healthy.

All in all, playing a sport is beneficial for our body and for our mind. I encourage people to practice a sport!



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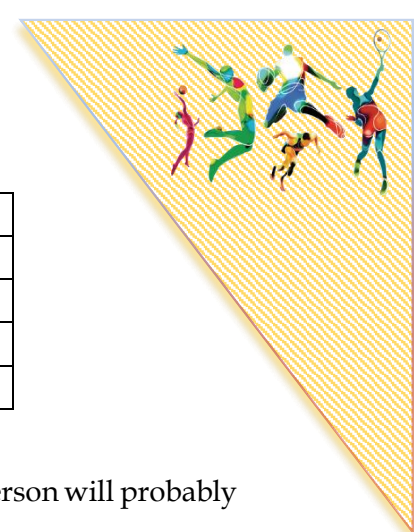
There used to be a time when kids loved to go out and play with their friends. However, with the growing popularity of video games and television, sports and all exercise was slowly forgotten. I believe all kinds of sports and physical activities provide kids with the right amount of physical as well as mental development.

Firstly, people who are good in sports also exhibit a lifestyle of great quality. They are more active in their day to day chores and can take better decisions as a result of their balanced mental development. Therefore a person who practices sports not only will benefit from a strong and healthy body, but from a healthy mind, eager to solve the problems without as much stress and the need to throw it in a corner until it is too late.

Secondly, if an individual is a part of any sports activity starting from a young age, it is known that they have a strong character. One of the common traits seen in all sportsmen is their punctuality as well as discipline. Above all, sports are known to offer a longer life, free of the many colds an ordinary person may encounter in time.

During our darkest days, we tend to cure the problem with something we enjoy, which means a lazy person will often find comfort in eating or sleeping, while a physically active person will find something productive to do in order to relax or solve the problem, be it an emotional one.

In conclusion, sport may be considered a coin, basically two-sided. Not only an individual who practices any kind of sports will be healthier, but happier as well. The Latin quote “healthy mind in a healthy body” represents the perfect and shortest description for sports.



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Sport is one of the pillars of a healthy life and as a result, a healthy person will probably be a happy person. What are some of the positive aspects of doing sport?

Firstly, sport can provide better confidence and respect towards yourself. Stepping out to do periodic motion will succeed to have better resistance to face a greater effort and look better. Also, you improve your respect and confidence that you can succeed. You will have your personal satisfaction that you take care of your health and keep yourself in optimal shape. Even if we lose a lot of energy as a result of the exercise at the same time we get even more due to increased blood flow to the organs of circulation. For this reason we have physical strength in the wake of the movement.

Secondly, sport helps you develop a harmonious and well developed muscular system, and you can build a beautiful body and improve your overall appearance. Plus, it is accessible. You can go to the gym, do stretching, swim, run or ride a bike. Surely you can find something that you can afford to do, regardless of your income, your age or where you live. This keeps your attention focused on what you are doing, be it about some simple exercises or a program more complex, it will increase your ability to concentrate. So you will be able to remember increasingly easier new information.

In conclusion, a body weight according to your constitution, a healthier heart, brain oxygen - these are just some of the reasons why your sport prolongs life by years.



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Practising sports is a good way of spending your leisure time because it is beneficial for both your physical and mental health. A famous Latin phrase says "Mens sana in corpore sano" meaning "A healthy mind in a healthy body", a phrase which, in my opinion, should be valid for all of us if we don't want to eventually become like the humans in the "Wall E" movie.

Firstly, practising sports is very important to our health as it will help us keep fit and avoid the long-term risk of becoming overweight. It is common knowledge that having a good physical condition will deter everyone from taking up smoking or drinking and it also gets us thinking about the things we should eat in order to maintain our health.

Secondly, sports can help the players increase their self-esteem, team spirit and enhance the achievement of short and long-term goals. Doing a sport which involves teamwork urges the players to cooperate in order to achieve their common goal - winning the match. Moreover, if one can achieve a goal in sports, one can achieve any ambitions we have set our heart on.

Last but not the least, sports are a good way to distract ourselves from every day stress and to cut down on pressure. Sports help people to relax and then have a fresh start with a fresh mind - sometimes the solutions we need for solving our problems come to us naturally after we have cleared our mind.

In conclusion, including sports in our everyday lifestyle make us more confident about ourselves and better team players in different fields.



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Nowadays, people live in a fast-forward society, governed by advanced technologies. Not only were the now considered old-fashioned moral values erased from people’s memory, but human society has also witnessed an alarming increase in the percentage of people who abandoned their tangible lifestyles for a virtual alternative.

Firstly, as the years passed, people have generally alleged the undeniable benefits sport activities provide. As an illustration, when commenced during children’s forming years it would ensure a balanced development in both self-concerned issues as well as team relationship. Moreover, apart from conceiving a healthy mind in a healthy body, sports could be perceived as factors of foremost importance regarding social acceptance, especially when combined with tremendous work, which could lead nowhere else than to a flourishing future.

Nevertheless, in today’s society it is commonly accepted the idea that junk-food and video games present a greater dose of entertainment than jogging for half an hour in the nearby park, for instance. In other words, considering the current outburst in various fast-food chains, people were highly influenced to adapt to a contemporary, diseased and debilitated style of living, which resulted in a concerning augmentation of the obesity rate. Hence, the majority of today’s human race could be seen as workaholics with hectic schedules or classic technology admirers who could spend an eternity in front of a display, without processing the congenital need of improving their health.

To sum up, it can be concluded that even though sports present numerous gratifications, people tend to annihilate these aspects due to the neglecting behavior modern society has implemented. In the word of Hippocrates “If we could give every individual the right amount of nourishment and exercise, not too little and not too late we would have found the safest way to health.”





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In the following essay, I will be talking about how sports change our lives into better and how a healthy lifestyle is the best choice for us.

As stated before, in the first part of my essay I will be talking about how sports change our lives into better. To start it all off, sports have a positive impact on our social life. How, you ask? Well, practicing different sports means that you'll also meet new people that are also practicing that sport. In that way, you can make a whole lot of new friends. If you're feeling lonely, you might as well bring an older friend of yours, introduce him to your new circle of friends and voila! You and your older friend now have a new circle of friends that probably have the same interests as you! Sports also have a beneficial effect on our health. How? Well, by practicing different sports, you're keeping yourself in a good shape, ready to do whatever it takes to get to the end of the day! By practicing sports such basketball or swimming, you're going to become taller, stronger and more attractive! Besides, who doesn't love having a hobby that they're good at?

In the second part of my essay, as stated before, I will be talking about how a healthy lifestyle is the best choice. Well, I'm stating the obvious, but a healthy lifestyle is the best choice for us. If we choose to live only on junk food and such, the only thing we are going to do is destroy our body. We are going to destroy our body by becoming fat and less active than before, which is a very bad thing for your social life. Let's be fair, who doesn't love having active friends?



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Sport generally consists of competitive physical activity or games which can maintain or improve physical state through casual or organized participation. It implies both physical athleticism and dexterity.

I consider sport a lifestyle, because it has an important role in our lives and a considerable impact over our health, even our mood and mind are influenced by physical effort. It has been scientifically proven that physical activity helps the brain release endorphins, which results in the improvement of our body and mind.

Firstly, sport consists not only of physical effort, it causes our brain to cooperate and coordinate our body faster. Most people play a sport for entertainment and it is often seen as a hobby, but nowadays people go to the gym or take classes that imply cardio exercises only to achieve their ideal weight or to maintain it. Sport is now seen as a vital part of everyone's lives and not a day goes by without it.

Secondly, sport can be considered a lifestyle because people that make a passion out of it are able to build a career based on the sport they practice. The fact that football players can be part of the national team and earn more than enough to financially support themselves and their families can be taken as an example.

For instance, the Olympic Games are held every four years for passionate sports players and offers them the chance to prove the world that hard work and dedication can make people become one of the best in practicing a particular sport.

All in all, sport brings not only entertainment in our lives, but even many opportunities and fame along a healthy body and mind.



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Sport is probably as old as the humanity itself. It has been developing with the developing and growth of mankind. People who are good in sports also exhibit a lifestyle of great quality. Sports prevent many health problems and renders enormous influence on our health. I consider that health is the base for a human being in his ability to decide serious vital tasks and surmount various obstacles.

Firstly, sports are a source of recreation. They provide relief and a sense relaxation in a life of monotony, of routine marked by miseries, hardships and hardships. The regular, moderate physical activity positively influences our cardiovascular system. I believe that not many people love themselves no matter how beautiful or ugly they are. People's first aim should be to stay healthy and fit with the benefits of sports.

Secondly, it gives lots of energy and strength as well as removes all the tiredness and lethargy by improving the blood circulation all through the body and promoting the physical and mental well-being. As the health of the body is essential for getting healthy through life, it is also necessary to have a mental and intellectual fitness to concentrate completely on the target.

In conclusion, sports are essential for people if they want to be fit, smart and good looking. And has a tremendous benefit in combating problems of body fat, proper oxygenation of the brain and overall wellbeing.



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Sport is a beneficial activity for every individual and it can influence the lifestyle, health or personality of a man. Sports are practiced both individually and in team.

Firstly, I consider that sport combined with a healthy diet must become a habit in our lives. Physical activity in our daily programme means a healthy body and mind, without disease. But the lack of sport certainly leads to health problems and, often, to obesity. Many of us make up trivial excuses to apologize for not doing sports, however we do not realize that this attitude affects ourselves. The real reason why we do not do sports is laziness.

Secondly, I believe that sport make us happy and develops certain skills. Competitive spirit and perseverance are things we learn while we practice different sports. Both organized, and practiced at home, exercises are an inexpensive way to combat stress. Many times, it develops our social life. For example, canoeing requires concentration and a harmonious understanding between teammates, who must create movements simultaneously. Most times, different sports are our hobbies, which lead to increased benefits when they are practiced for pleasure, such as an evening at football or bowling, leading to disconnection from everyday problems.

In conclusion, for the above mentioned reasons a lifestyle characterised by sport is the secret to a long and healthy life, both physically, and mentally.



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### Fit for life

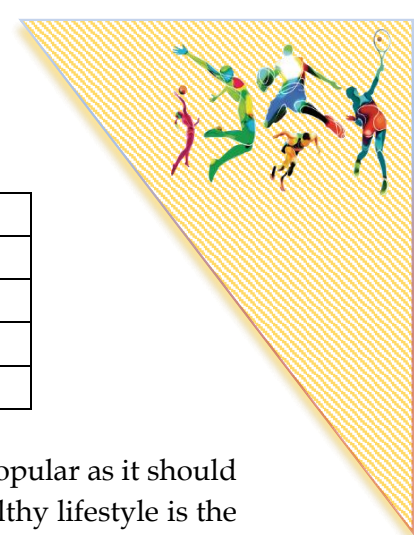
Since the Ancient Greece, sports have played a great role in the foundation and evolution of our society. Whether we are talking about a competition or simply just games or training, sports always persuaded us to give out our best and to learn the morals and values of human beings. However, as medicine and civilization progressed, there have been many studies that show a strong bond between sport and lifestyle. Do we really think about the benefits and risks of practising a sport or not in our lives? Maybe the answer at this question can be answered in the following.

According to an old Latin phrase, “Mens sana in corpore sano”, it is vital to have a balance between physical and mental health. This balance can be achieved if we have a healthy lifestyle that includes exercise and a diet suitable for our needs, as well as plenty of sleep and avoidance of stress and fatigue. Humans have great strength but sometimes it is better to not force the limits.

The greatest feature of an athlete is ambition. If we can analyse all the benefits that sports have then maybe the most important one is confidence boosting. Practising a sport does not only mean getting fit. It also means to reach for our goals and to overtake them, as well as overcoming any fear or doubt about ourselves. There is nothing more special than standing on the top of the podium and feeling like a hero that reached Mount Olympus to achieve gods’ ambrosia.

Finally, sports mean self-respect. A person that practises one must avoid any addiction to drugs, alcohol or cigarettes, which are harmful to health and may affect athletic performance. There is nothing more shameful than an athlete caught doping or using any illegal substances.

In conclusion, sports is the key to achieve the perfect balance between body and mind. Hopefully, the question has been answered and everybody will think more seriously to start practising a sport.



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<b>Teacher:</b>	Crăciunescu Cristina

Do we really want to live in a world where doing sports is not as popular as it should be? While developing a certain sense of responsibility, we all realise a healthy lifestyle is the key to our welfare, but when it comes to giving up on lying on the couch, how many of us are willing to be that brave to go for a run?

Nowadays, even though sports are densely promoted by a series of companies, words are never enough. As not so many citizens give the example of concerning about their lifestyle, the future adults of the society are not persuaded to keep a balanced living, but rather persuaded by the mouth-watering commercials of junk food.

One half right mindset is represented by the advantage of doing sports: that part which helps you look better just for a temporary impression. However, people often miss the essence of a healthy *modus vivendi* and become burdened with numerous medical problems. Whatever the causes of a hectic lifestyle, there exists a wide range of solutions for a community to attract its inhabitants and contour a responsible and committed group, beginning with the opening of more sports clubs promoted by acknowledged public persons. People should not leave without understanding that, by doing sports, cardiovascular diseases are left behind.

Not only do sports offer a great help to your body, but they also extend your leisure time into a more valuable one, especially when shared with a group of people possessing the same interests, while also counting the social benefits.

In conclusion, everyone's lifestyle is a matter of choice. We possess all the information required to make a decision that will eventually improve our lives. It is up to everyone to decide if all the effort is worth the sacrifice.



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It is widely maintained that practising a sport has a vital contribution to leading a healthy lifestyle and this is why it should have an essential place in everyone's daily schedule. Many people claim its importance but actually, few of them choose to do a physical activity in order to unwind from the stresses and strains of everyday life. It is always claimed that sports represent our primal connection to nature, so it makes me wonder why would people want to change the irreplaceable? Is sport becoming out of fashion?

Firstly, children require, usually indirectly, suggestions and recommendations, followed by appropriate feedback for their choice and progress. People provide young generations with encouragements to take up a sport in order to avoid boredom, but, unfortunately, it appears that modern gadgets heavily outshine any kind of physical activity (when it comes to enjoyment and entertainment). For example, smartphones have become so addictive for children that this technological progress is, at the moment, a continuous distraction from our lives.

Secondly, practising a sport is beneficial to both body and mind. It keeps us fit, in the first place, and it also provides our brains with a unique experience and perspective that cannot be discovered elsewhere. Even though the chain between psychical activities could not be explained entirely, it has, beyond a reasonable doubt, a tremendous impact upon our evolution as individuals and it is our duty to strike a fine balance between them. For example, archery tests our strength and accuracy, but it also requires mental discipline and a well-trained power of concentration.

In conclusion, sport is not a book of rules, meant to be learnt and respected; it enlightens a different perspective, a different way of understanding life itself, the only movement that should not be understood, but felt. As a dreamer once said: "We are not completely lost until we give up on everything that define us".





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I have always held the belief that keeping fit should be a part of everybody's life. My reason is that you only have one body, so why not take good care of it? There are many benefits to getting into sports, but these are some which I consider the greatest.

Firstly, there are the health benefits: the hard science behind regular physical exercise, not just sports, is it improves cardiovascular health, lowers cholesterol levels and helps control diabetes. There are also aesthetic reasons, which most people are concerned about, in that exercise tones the muscles, burns fat and helps strengthen the bones. Therefore, rigorous exercise, accompanied by the right diet, helps your body reach and maintain tip-top condition.

The second benefit of exercise I wish to talk about is that it indirectly helps develop that sense of community, it brings people together. This especially applies to competitive sports, such as football, tennis, rugby, basketball and so on, but also to weightlifting and cardio. For instance, attending a gym could help one bond with complete strangers, as there are many exercises which require supervision. Also, even if you're not really a people person, you can still notice and appreciate the mutually beneficial relationships which naturally develop. Even if you don't want to get out of your house to exercise and instead buy equipment for a home gym, there are lots of online forums on physical fitness, where people from all corners of the world discuss these subjects in detail.

To conclude, having given the health benefits and the social aspects of sports and exercise, there is little to no reason not to get out (or even stay indoors) and get fit!



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To most people, doing sports means both physical and mental health is in balance or function well together in a person. In many instances, physical and mental health is closely linked, so that a change in one directly affects the other.

Being healthy is about how you treat your body, meaning what you put into it, and the type of things you put your body through. Fitness is one of the first steps you can take to live a healthy lifestyle. Just a small amount of exercise every day, whether it means taking the stairs instead of the elevator, or walking to the next bus stop, will make a big difference; you just have to partake in a small amount of physical exercise every day to maintain a good level of fitness.

From my point of view, schools should implement Physical education on a daily basis rather than twice weekly. Only the minority are actively involved in sports. A lot of students are sedentary and prefer to concentrate on their studies as they consider indulging in physical activities a waste of time. By enforcing regular exercise daily, these students would be exposed to the importance and benefits of exercise. For example, in the eleventh grade, I attended a cross at county level which was, for me, an unforgettable experience which motivated me to persevere in sports and movement. Sports also allow people to develop personally. Social and communication skills can be learned and developed through sport. Teamwork, for instance, is naturally learned through participating in team sports and games. Many people will also develop leadership skills through sport, often discovering abilities that they never knew they even had.





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Practising a sport can have a major impact on your life. Doing your favourite sport is a good way to refresh your mind, body and spirit. Furthermore, team sports have a great chance of expanding your dedication and your leadership skills. Combining everything, you achieve the key to a great lifestyle!

First of all, a healthy lifestyle improves your mood and boosts your energy. When you eat a balanced diet, your body receives the fuel it needs to manage your energy level. Doing it right has a good influence on your mind, as well. For example, endorphins are brain chemicals that make you feel happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. You'll feel better about your appearance, which can boost your confidence and self-esteem.

Second of all, healthy habits help prevent certain health disorders, such as heart disease, stroke, and high blood pressure. If you take care of yourself, you can keep your vital traces within a safe range. This keeps your blood flowing smoothly, decreasing your risk of various diseases. More than that, it's no secret that a healthy lifestyle can help you shed pounds and look more youthful, but it goes beyond weight loss. Proper nutrition from a balanced diet also supplies your body with the nutrients it needs for healthy and lustrous hair, bright eyes, taught skin and an overall glow.

To conclude, bad habits are hard to break, but once you adopt a healthier lifestyle, you won't regret this decision. Healthy habits reduce the risk of certain diseases, improve your physical appearance and mental health, and give your energy level a much needed boost. You won't change your mind-set and behaviour overnight, so be patient and take it one day at a time.



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In the past, man was forced by circumstances to go out, walk, run and use any ways of travelling, even though then there were not too many. The modern life which we lead today, with numerous means of conveyance, significantly reduced regular movement and sport. However, it is known that physical activity is particularly important for health and to prevent diseases of civilization.

What is the importance of doing sport? In all its forms, from daily activities, to the organized sport you're doing in a gym, like a hobby, or at a professional level, this kind of activity brings us a number of obvious advantages, both physically and mentally. Therefore, it helps us create and maintain a good physical condition, relieve stress, insomnia, mental disorders, slows aging, boosts the immune system, makes us feel right and healthy, increases quality of life in general and helps increase self-confidence. Moreover, our memory and thinking are affected by the way we maintain our brain's vitality. If we want to have a nimble and healthy brain, it is essential to follow up with some mental exercises. People who use their brain will be more active intellectually when they become older. Maybe the best way to do so is to play mental games like chess, because they improve concentration, and develop logical thinking and an independent spirit.

With all the benefits it has, there is nothing that a physical or mental sport cannot do for your life improvement. I truly believe that people should pay more attention to their lifestyle and the activities they choose to do in their free time. I hope our generation will be more focused on being healthy and will understand how important health is.



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It is known that these days many people are more attracted to sports than ever. Most of them are teenagers, which makes it the start of a new healthy generation. From my perspective, participating in sports and having a healthy lifestyle is a way to live, which gives our lives one out of a million reasons to be happy.

First of all, sports create and maintain a good physical condition. If you have an active lifestyle, you are certainly in your best shape. Physical condition represents a person's state from the point of view of his condition. Above all this, sports can connect people too by team sports, such as basketball, soccer, volleyball, and socialising is important for our mental care. It also prompts vasodilatation, the quantity of blood that runs through our body grows, producing the necessary oxygen for cellular processes and develops our musculoskeletal system making muscles toned, and improves the strength of bones and joints.

Second of all, practicing a sport in excess and having an unfavorable lifestyle can cause adverse physical and mental disorders. Many athletes and gymnasts are facing such problems, but fortunately, there is a coach who helps them get over this hurdle. Most of them are overwhelmed by the sport they practice and end up taking steroids or starving themselves in order to be the best from their team. There are a lot of diseases, but most of them can cause the destruction of striated muscle tissue and eliminate blood in urine.

In conclusion, while vigorous exercise performed daily can be extremely beneficial to life and health, helping to reduce chronic conditions, overcoming this interval could seriously harm our health.



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### Why a healthy lifestyle?

Nowadays people increasingly choose to spend their time in front of the computers instead of doing at least 30 minutes of daily exercise as almost all the doctors recommend. Not everybody understands the importance of sport until after a certain age when muscles atrophy because of sedentariness and so pain becomes a word daily used. Jim Rohn once said „Take care of your body. It's the only place you have to live” and I do believe that through sports, the human being may achieve a lot of things.

One of the main benefits that sport brings to human body is that it slows the aging process of cells and improves the immunity becoming a defensive shield against diseases. On the other hand, physical activity helps at combating depression, anxiety and offers a feeling of joy and inner peace. During the practicing of sport endorphin that is also named the „hormone of happiness” is released into our bodies. It gives us the feeling of relaxation and well-being. A lot of people have said that they cannot go to the gym after a hard day at the office. Nevertheless, when they were finally convinced to do so, they felt better and refreshed.

In addition to that, sport strengthens relationships between people, especially sports that require teamwork like football, handball and volley-ball. People learn to be responsible and share ideas and also help each other. It also can increase self-confidence and creates the development of self-esteem especially in children who find it difficult to cope with the real world. Thus, they become integrated in a small group and they learn to socialize better. It doesn't matter how old one is or what schedule they have...it is important to understand the benefits of sports and try to live as healthy as possible.



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### Life as an athlete

Something I've always enjoyed is swimming, whether we talk about doing it into the sea or into a pool. I had not thought of taking it up seriously until two years ago, when my parents and I had a talk about it. We found a coach and since then, I've been training four times a week at the indoor pool of our town. I feel quite comfortable in the water, I feel safe, but, to be honest, this whole situation seems funny now, as I had not known how to swim until I was eleven years old.

Swimming can be a relaxing activity, a hobby, something to calm your mind, but competitive swimming is far more than that. As any other sport, it requires a well organised life, enough rest and a healthy body, accompanied by a healthy mind. Strength and speed are the key to win most of the contests, but also, you have to be creative, to pay attention to your moves, to coordinate them in order to catch the judges' attention for the freestyle part, which follows other 3 swimming styles: butterfly, backstroke and breaststroke. Typically, an athlete goes through a cycle of training in which the body is overloaded with work in the beginning and middle segments of the cycle and then the workload is decreased in the final stage, as the swimmer approaches competition.

However, doing a sport isn't just about winning contests, medals and trophies. On one hand, it makes you grow and develop as a person. On the other hand, it means a lot of training and sacrifice. During the past two years, I've learned to improve myself, to always reach for the top, but this includes not doing the things usual teenagers do, such as going to parties, drinking sodas, eating fast food, or having a late curfew. As an athlete, you have to deal with the pressure of everybody's expectations, to deal with the disappointment of losing when you know you could have done better; you have to pay attention to what you eat and respect a certain programme which includes meal hours, sleep hours and certain types of exercises for every day.

Sometimes, it gets extremely hard to keep up with school, friends, family and swimming, but the road to success isn't supposed to be easy. I love what I do and all in all, success means sacrifice.





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A good lifestyle is very important for everyone, no matter the age. For example, if we all would have a good lifestyle we would give a better yield. Children could learn new things easier and making their homework without getting too tired and the adults could be snappier after finishing working for the day.

A good lifestyle means a healthy one and enjoyable for us. For having a healthy lifestyle we have to do sports. This way we can keep our body strong and in shape, as well our mind clear and rested. It doesn't really matter what kind of sport we are practicing, as long as we do something. It is important that the sport we do for fun and maybe for health to be on our taste. Being on your taste make it easier to do and more enjoyable.

Sports aren't just a way of keeping our health. Sports are also very interactive, this way we can make lot of friends and training our skills for team working and individual skills, depending on the sport we are practicing.

It may seem like sometimes we don't really have time for doing sport. In reality, we can use sport even as a way of resting our mind after some hard hours of working at office, school etc. Every time when we are getting bored or tired of staying on chair and working we can just go out and play something, doing sport. Some sports are harder to do and it's true that some of them require some special outfit, tools, but some of them don't require anything but comfortable clothes as is running. We can run almost everywhere we want without getting any sort of trouble. It is proven that doing sport affects our life in a big way. And healthy should concern us of all.

There are sports for everyone. For some people it may seem like sports aren't for them, that they won't like any of them. I consider that sports are for everyone, and from so many types at least one has to satisfy you. If you haven't found one yet, even if you tried almost everything, it is probably because you need a sport basing on team work, and probably you didn't find yet the teammates you were looking and hoping for. Keep trying then. In the end you'll meet the right people.



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Sports are a vital part of our life and our history. But what defines a sport, where did it all begin and where do we draw the line on what is considered a sport? If we talk about professional sports, they usually require intense physical preparation and a huge amount of training. But there's a special sport, on its way to becoming recognized. Esports they're called, or competitive professional (video) gaming.

There has always been competition in certain genres of video games. Since the 2000s, people have been organizing countless of amateur competitions, but in recent years it has been growing rapidly. It's more than just kids playing. There are huge events where top players compete for large amounts of money, in a test of wits, reflexes and skill.

Real people of all ages train every day to be the best. You may think there's not much to it, but these people actually train for several hours a day, just like real athletes. You truly need skill, practice and dedication to become a cyberathlete. But where does the prize pool come from? It is funded by developers, the viewers and the crowd. The cyberathletes also have a salary, being signed by top organizations. In 2015 the global audience was 226 million people and the global Esports market generated \$325 million of revenue in the same year.

Its classification as a sport is somewhat controversial, but slowly it is becoming more widely recognized, some cyberathletes receive Visas designated for athletes. Esports have also been televised around the world, including on major sports channels in the U.S.A and in Romania.

So, playing video games for a job isn't all that easy, it takes time, dedication, talent and skill. In my opinion, these cyberathletes deserve to be recognized.



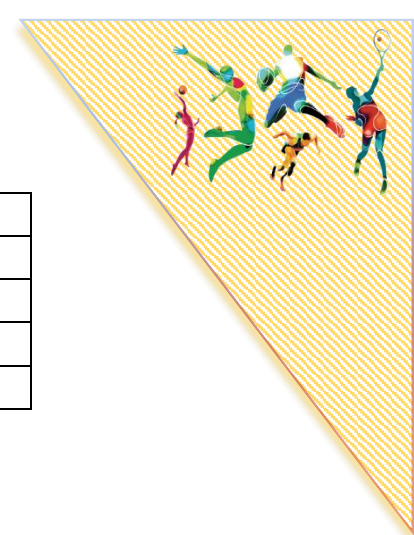
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Another connotation that could be given to sports is that of a personal universe which expands continuously, triggering essential personal abilities. Thus, individuals find themselves on a holistic journey which sustains two structures of their identity –psychological and social-, both of utmost importance with regard to evolution.

Undoubtedly not only does the physical activity represent a way to keep your stamina, but it also enhances diverse psychological functions. Firstly, the desire for self-improvement in sports is marked by relentlessness and autosuggestion. Once these elements become a mindset, they will help you progress by developing a determined and methodical way of thinking. Furthermore, an outcome of exercising is the self-confidence you will gain after you endeavor to reach a preset target. For instance, pursuing a record time in swimming might result in a success since you believe in your plans and forces. This is analogous to the image of a personal podium: the first step -projecting your techniques-, the second one -exercising- and the pinnacle -the success. In a similar way, this type of thinking is conducive to a better preparation for any challenge.

Suffice it to say, the social cohesion is indispensable in this day and age and sports offer a series of interpersonal skills. Should you show tolerance, conscientiousness, support and fair-play in a game, you will own them in the everyday life. Also, you become competitive and eager to outdo others, which will make you want to excel in any social or professional hierarchy. You work hard for your goals, become more attentive and react faster to what happens next to you. All these qualities form a complete individual in the today's society.

In conclusion, I consider that sports ought to be part of one's lifestyle, with a view to improving his mindsets and his strengths.



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### Healthy minds in healthy bodies

“Mens sana in corpore sano” is a Latin phrase, translated as “a sound mind in a sound body” which is used in sporting contexts to express the theory that physical exercise is an essential part of mental and psychological well-being. In order to keep our bodies fit and minds healthy we need to take part in any kind of sport, whether it is for fun or for performance, as it contributes to your general state of mind, developing our muscles, cardiovascular health, social skills and team-work abilities. Sports also allow people to develop in their personal life as a lot of people’s self-esteem and teamwork skills improve through them.

Nowadays, because of the sedentary lifestyle that people tend to have, along with the processed foods, a quarter of the world’s population suffers from obesity, making it more important than ever to eat healthy and practice a sport. It has been proven that those who regularly do sports and eat foods that are low in cholesterol, carbohydrates or glucose are less likely to become overweight. Diabetes, which is a very common disease in our country, and not only, is a disorder which appears when the body does not produce or properly use insulin and it may be prevented by weight loss and a healthy lifestyle, according to recent studies carried by doctors in our country.

Sports are an excellent way of spending one’s leisure time. Not only that taking part in a sport is fun and beneficial for one’s health but they are also great for learning fairplay, dedication, and leadership, among many other qualities. Putting it all together it is a victorious combination and I believe that the modern man is becoming more and more aware of the benefits of having a healthy lifestyle.



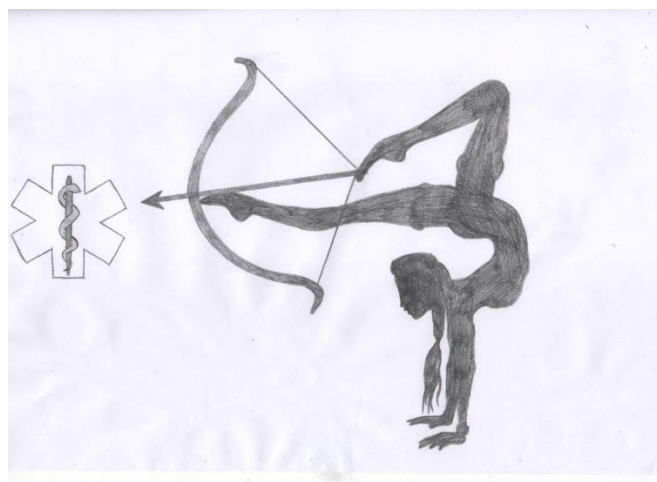
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In ancient times, humans had no choice but to walk and run a lot. Nowadays, living in a modern world with countless means of transport, regular movement and sport decreased significantly. It is a worrisome problem, taking into account that sport is indispensable for a healthy lifestyle. This essay will explore the importance and the impact of sport in people's lives.

First of all, sport, in all its forms, from chores to intense sport programs, brings us a lot of obvious advantages, both physical and mental. Therefore, this helps us maintain a good physical condition, but at the same time it eliminates stress and insomnia, it procrastinates ageing, it increases the immune system, it determines us to feed correctly and healthy and it even increases people's self-confidence. In addition, people who do sport activities on a regular basis are burning more calories than those who do not. As a consequence, they are less likely to end up overweight.

Secondly, it is widely believed that sports allow people to develop themselves. A lot of skills can be learned by doing sports, such as communication, leadership, patience, devotion and so on. For example, team sports bring all of the examples given above, as teammates need both to communicate and to have a leader in order to be successful. However, success doesn't come without a lot of work and patience.

Taking all these into account, it's impossible to deny that sport plays an important role in our lives. Not only does it help our bodies, but also our minds, so people should consider sport a way of living a happy and healthy life. As Jim Rohn once said, "Take care of your body. It's the only place you have to live."





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There used to be a time when kids loved to go out and play with their friends. About a decade ago, sports were a highly regarded activity in our day to day lives. However with the growing popularity of video games and [television](#), sports and all exercises have taken a back seat for the worse.

There is a reason why schools have made sports activities a regular part of their curriculum. All kinds of sports and physical activities provide kids with the right amount of physical as well as mental development. Not only had these, people who are good in sports also exhibit a lifestyle of great quality. They are more active in their day by day chores and can take better decisions as a result of their balanced mental development. Not encouraging your children to participate in sports activities can make them inactive and grumpy as they turn into adults. A perfectly fit person not only performs well in school as well as home; rather he can distinctly shine out at the workplace as well. It is usually seen that people who participate in sports display better leadership qualities at their workplace as well. There is a reason why sports and strength are believed to be two sides of the same coin. A person who is good at sports or at least participates in any kind of sports activity not only remains fit and healthy at all times, rather they also develop great body strength with time. It is, however, not necessary for everyone to indulge in hardcore sports; rather there are several different physical activities that one can take part in.

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 with ailments in their adulthood, such as cholesterol and diabetes; active people are seen leading comparatively healthier lives.

For an individual to be a part of any sports, it is very necessary that they get motivated starting from a very young age. 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.

So, as we have seen, sports are really important for us.



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A healthy nation is a wealthy nation. Therefore, it is important to place emphasis on sports as one can think of a healthy mind only in a healthy body. Consequently it is up to your mindset whether to exercise or not.

One of the main argument in favour of the importance of sports and right foods is to avoid obesity in a natural way and the fact that it provides a healthy lifestyle. But in this day and age children can hardly stop the craving for hamburgers or other types of fast-food. I am a firm believer that only by dint of sports can we accede to a better living. To give an example, a survey that was made by general sports instructors showed that if you exercise three days per week, your organism will slow its process of aging up to 18%. Additionally, have you ever considered why people want to play football or other games? The answer may be easy since sports are entertaining. Sometimes, overwhelming life conditions may be unfair and make us unhappy. However, we practice a sport activity when we are down in the dumps, we will probably be motivated and be refreshed again after the sport activity.

What is more, there is no little doubt that sports are the key to a fit and healthy body. Throughout history, people were not able to give up their interest shown to their body. To a large extent, people have recently come to the conclusion that only by doing sport activities can they improve their stamina, make their organism function properly and last but not least, broaden their horizons as sport are also known as a way of recreation and detachment.

To summarize, I personally consider our organisms' function equal to an unused car. If you try to run the motor engine, it will not work anymore since it has been rusted. The same goes for the human body, so as the quote goes: "Make your body your machine!"





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### **We only live once**

There are increasingly more debates as to whether implementing physical activity into your lifestyle is indeed beneficial or not. From my vantage point of view, this is obviously a seemingly simple issue, but paradoxically, complicated to discuss, that is why I enjoy delving deep into this issue and getting more profound. I cannot be an avid enemy against the human beings that believe strongly doing sport is not that effective. I am not intent on pigeonholing them as being wrong whatsoever. However, I am a huge proponent of the act of doing sport regularly in respect of health and aesthetics. Coming to grips with the fact that we have only one body and one life is not a walk in the park. It takes a lot of self-awareness. hilariously enough, identifying yourself with your body and not your true inner self is a huge problem, an illness for human beings, according to Eckhart Tolle. Your body, your mind has nothing to do with your true, genuine self.

All in all, I hugely believe that doing a type of sport that motivates you and brings you a lot of productivity during your lifespan is simply scintillating, not only important. However, its main aim is to improve only your life situation, not your genuine life, your content of life, your true self. Needless to say, that is why I cannot castigate those that are against implementing doing sport regularly into their lifestyle. Bewilderingly, I strongly support the idea of improving your life situation as much and as effectively as possible, taking into account that we are given only one body and one life.



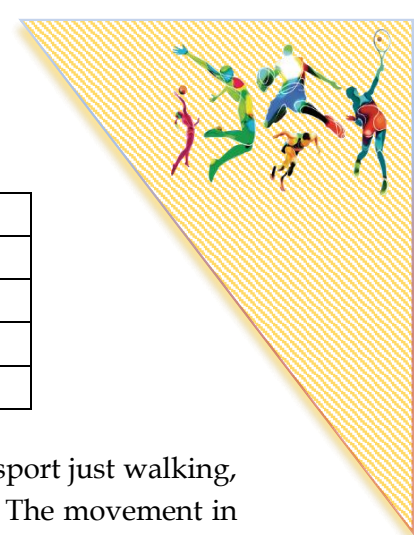
<b>Student:</b>	Al Refaei Salma
<b>Grade:</b>	11 <sup>th</sup>
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<b>Teacher:</b>	Cigan Bianca

Nowadays, more and more people die from obesity than from malnutrition. This is mainly caused by people lacking time and having a poor diet, as they prefer eating fast food. Their daily routine rarely consists of having a healthy lifestyle which includes having a healthy diet and practicing any kind of sport. Many people have dangerous eating habits which can further lead to an early death or to serious illnesses.

One of the most important things is to have a precise eating schedule meaning: breakfast, lunch and dinner with two snacks in between. Our body is very smart, meaning that it consumes our energy based on the time we usually eat. For instance, if we have breakfast at 8 am and lunch at 12 pm, our body will consume most of its energy during those 4 hours, knowing that it will receive more energy at 12 pm. If we have messy eating habits, we are more likely to feel tired all the time because our body will not know how to consume its energy.

Doing any kind of sport is also a big plus regarding our health. Not only is sport slowing down the aging process, but it is also very good for our health. It helps us keep our bodyweight normal and makes us look younger. The skin becomes more elastic, so you can say goodbye to wrinkles. Our muscles become more firm and we have more energy to handle our daily problems. However, there are people who have busy lives so sports are out of discussion. But we should encourage this because our bodies, which are extremely intelligent, were not created to lead a sedentary life. So get up and do something about it because finding excuses won't make you healthier.

People should take advantage of the fact that there is the Internet, which is an unlimited source regarding sports and healthy lifestyle. Your new life is one click away!



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Everyone, every day, unknowingly does at least thirty minutes of sport just walking, which is good because no matter its nature, sport is important for health. The movement in our life gives us multiple benefits for body and mind, it is less important what sports you do, as long as you do it daily.

Sport gives us multiple benefits such as:

- balances psychic activity
- helps us maintain our body healthy and lose weight
- it motivates us to exceed our limits
- help us trust in ourselves
- increases the capability of response etc.

Basketball is a sport that helps you get a healthy body and mind, one that improves the development of social abilities and makes you tougher, a sport that helps strengthen your self-confidence and also that of your teammates.

Basketball for me is an activity that I can do with my friends, which helps us strengthen confidence in the team and improve our skills. It really helped me defeat my fear of being a failure for my team and due to this sport I have become more self-confident. It is a sport that helps me keep my body and mind healthy and balanced and makes me a part of a whole.

I learned that in a team there is not only me and each opinion is important. In team sports, it is not usually about seeking the work and results of a particular player, but it's about the whole team because the potential of a player is defined by his team and vice versa. In a strong and undefeated team, collaboration and understanding are very important because it is not everything to win, but to give all you can and have fun with your teammates is more beautiful and satisfying.



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‘Your body can do anything. It’s your mind you have to convince!’

Firstly, a healthy lifestyle means sports, healthy food and positive thinking. You need ambition for a healthy lifestyle. An organized lifestyle is very important for the body. Physical activity plays an important role in our lives because we need to be active in order to be healthy. Scientists say that if we do 60 minutes of physical activity, this will improve our health.

Secondly, sports are very, very important for a healthy lifestyle. Today many children prefer computer games in the detriment of practicing sports. If children always stay in front of computers or mobile phones they will become obese, boring and won’t try new things. Their parents should encourage them to practice sports. When children are young, their parents should teach them about a healthy lifestyle. Sports help build healthy bodies. Through sport, children learn about teamwork, develop their personality and learn to win or lose graciously. Of course, sports help not only our bodies but our minds as well.

Thirdly, healthy food makes our lifestyle better. We should eat more vegetables and fruit than meat or sweets. Of course, meat and sweets have an important role in our organism, but they should be eaten in small quantities. Today, fast food is a problem all over the world. The youth are the biggest consumers of fast food. This type of food is very unhealthy because it contains saturated fat, which can be related to greater risk of cancer, heart and liver diseases. It’s not a big problem if we eat fast food for example once a month. We should have care for all foods we eat.

In conclusion, for a healthy lifestyle and a long and good life we need sport, healthy food and positive thinking. Sometimes, it isn’t easy because of temptations and negative influences, but with ambition we’ll succeed.





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<b>Teacher:</b>	Vagner Ramona

I think sport is essential because it helps you lead a healthy life. If I could, I would make sports compulsory because each of us has a talent that might help a lot in life, but most of us do not want to discover it.

In general, sport unites ordinary people who, after a period of time, could become well-known athletes, respected people in society. I myself, Marius Bulgar, could be an example. At the beginning of my career in sport I was a very fearful child, but over time I began to get accustomed, to socialize with others, and I learned that in life you cannot win all the time, which upset me at first, but by doing sport I learned all this stuff. After several years of work, I have become very good, and now I am highly sought after by major teams in the country, and in recent years I have managed to join the Romanian national team, representing my country at the European and world championships. Apart from all the experiences, I was able to visit new places I've never even dreamed of, one of these experiences being my first tournament in Paris.

I think a person who does sports can control his temper easier, that person is more sociable and works much better, both individually and in teams.

Finally, I would like to recommend to those who do not do sports, to dare and try as many sports as they can, until they find a sport they like and which could help them develop both physically and socially.





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<b>County:</b>	Satu Mare
<b>Teacher:</b>	Kabai Yvette Brenda

A latin proverb says: “Mens sana in corpora sano” which means “a healthy mind lives in a healthy body”. Actually, our whole life depends on the health of our body, how we treat it and how we keep it strong. The best way to get fit or to maintain our body fit is to practice a sport. I think practicing any kind of sport is very important in our life.

Firstly, training is important due to its positive impact on our body; it provides us energy and strengthens our resistance. I have been playing volleyball for two years and since then I have been feeling great. Before I started to play volleyball, I was not good at the gym classes. Now, I love sports, especially those that include balls. In my opinion, sports help us avoid diseases too, because they keep our organism strong.

Secondly, sports are beneficial for both our physical condition and our mental health. Practicing a sport can lead out our daily stress, we can calm down and just enjoy what we are doing. After a hard day at school it is relaxing to go and do what I like. One of the things I really like is to make new friends. Therefore, I prefer volleyball because it is a team sport. We need to listen to each other and we need to respect each other. This sport is very important in my life, because I also learn to be more sociable, I make friends by meeting my team. We have some conflicts, but we learn to solve them.

Overall, sports are necessary in my life, they help me have a balanced life, to have better results at school and last, but not least to be strong physically and mentally.





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<b>County:</b>	Satu Mare
<b>Teacher:</b>	Vagner Ramona

In my opinion, sports in human life have a great influence and should be encouraged much more. They help us have a good physical condition, but they're also good for our health.

First of all, the benefits of sports are endless. It's not just our health and physical condition that sports are good for, but also our mental health and, I can say, our character. Nobody says that we have to be professionals in a specific sport, but doing some exercise daily or even a couple of times a week, is very good for us. Sadly, there are a lot of people whose weights are over the normal limit, not just because they excluded sport from their life, but also because they're indifferent to what they eat. There could be exceptions, like the people with health problems. For example, people who suffer from bulimia, a digestive disorder characterized by excessive feeding.

Secondly, sport is beneficial for our mental health, and when I say 'sport' I mean making both physical and mental efforts. Chess is considered a sport of mind. Even if the players don't make physical effort, they need strategies, fast thinking and competitive spirit. From another perspective, sport is good for our memory, and we discover from a research that physical exercises can help marijuana addicts get rid of that addiction.

So, I really believe that sport should be one of our priorities in our lives and I encourage everyone to try and take some of their time for sport.





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<b>County:</b>	Satu Mare
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“Sports do not build character. They reveal it”

-Heywood Broun

In my opinion, for a healthy lifestyle you need to practice sports and eat healthy food. Not all people were born to be athletes, but if you really want to become one, you need to accept all challenges and learn how to lose.

I practiced handball for two years. When I started to practice it, I was really scared, but my teacher and team helped me a lot. The first year was hard, because the other girls knew what to do, but I didn't. Slowly, I learned all the things I had to know. My first game was the hardest. I was scared, but we won the match. We were so happy. In the second year, many girls left the team, because they moved to another country or they had something else to do in that time. The teacher was so nervous and she told us that if there were not enough girls in team, we would disband it.

I was so sad. We waited for two months, but nobody came, so, before we began the third year, the teacher disbanded the team. I'll always remember our winner days. How happy we were.

“You can't win unless you learn how to lose”

-Kareem Abdul-Jabbar

I lost my team, but I won a good experience with it.

Healthy food helps healthy lifestyle a lot. When I practiced handball, I ate salads and lots of fruit. I didn't eat fast food or drank any soda. I drank only fruit juice.

In conclusion, sports and healthy food helps a lot to have a healthy lifestyle and they can change your life for the better.



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<b>Grade:</b>	9 <sup>th</sup>
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<b>County:</b>	Satu Mare
<b>Teacher:</b>	Kabai Yvette Brenda

My name is Molnar Daniel and I come from Lazuri, Satu Mare. I study at a catholic school - Liceul Teologic Romano Catolic Hám János. When I was a little kid, I was very clumsy at sports. Every little boy played football or basketball, but I didn't. The other kids knew that I was really left-handed and refused to play with me.

But one day, a man came to our kindergarten. He was bald and short. He gave us some paper. On the paper I saw a man who did a really high kick. I became really excited, because I have watched a lot of fighting films. When I went home, my mother read the paper and it was something about karate. My mom was happy too, due to my desire of doing sports.

I went to the drill and I met that short man, who became my coach, but we called him sensei. At the age of six, sports began to occupy an important place in my life. I won 2 bronze, silver and a gold medal.

But at the age of 10, when I went to a contest, something bad happened. I was fighting with a really strong opponent and I got a hard hit on my knee. After that, I had some knee problems and I had to stop doing karate or any other kind of sport. I was very disappointed, but I continued the bushido lifestyle.

Bushido means "The way of the warrior". It's a combination of frugality, loyalty, everyday practice of martial arts and inner peace until death. Sadly, I couldn't do martial arts because of my knee and I couldn't achieve inner peace because I had a lot of stress. That stress was caused by school.

When I became 12 years old, I discovered other martial arts and I began to strengthen my knee. I practiced kung fu, but it wasn't as exciting as karate. After a few years, I went back to karate and I am still doing karate. It was the best decision I could ever make.

In spite of the fact that now I can do martial arts, I cannot achieve my inner peace. This means that my bushido lifestyle is not complete yet. Nevertheless, I am very happy because I had the power to practice sports again.



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<b>Grade:</b>	11 <sup>th</sup>
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<b>County:</b>	Satu Mare
<b>Teacher:</b>	Vagner Ramona

Sports of any kind have an essential role in the life of any man. Sport is used for more reasons: for convenience, maintenance and aesthetic healthy body or may constitute a source of money for those who place bets. You can go to the gym or you can work some exercise at home, but it's important to do it. If you go to the pool or the gym, if you go to the park rollerblading or biking, or if you're going to run is less important. It is important to do this every day. Exercise makes us think of the movement, coordinate parts of our body; working daily in our lives brings a good feeling. Physical activity helps us stay healthy and intelligent as we age. If we do not move, muscles atrophy. During exercise, blood is put into motion and keeps our brain in better shape.

Diets are high fashion. Why? Simply because the obesity rate is booming! Although it is easier to prevent, many come to treat when it is too late. Importantly, however, they come to realize that we must take action. We seek pleasure in food or a reward. But we forget to correlate eating food with burning the fat through movement, sports and effort. Do not take up a sport that you do not like, that bothers you, that makes you feel bad in any way; a good sport is one that brings you pleasure and fun. Whether we talk about exercises or aerobic fitness, sport helps us more than we imagine. Its benefits are seen both in terms of look and physical health and mental state and the importance of long-term is outstanding. Studies show that only ten percent of the population does sports frequently, which means that the remaining ninety percent are ideal candidates for heart disease.

Sport helps eliminate weight excess and self-regulate body weight can interact with people with goals and similar interests, so sports help strengthen interpersonal relationships, sport greatly reduces depression and anxiety, increase self-confidence and self-satisfaction.

In conclusion, sport has to be a priority in people's lives and therefore I am for healthy living through sport.



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<b>School:</b>	Liceul Teologic Romano Catolic „Hám János” Satu Mare
<b>County:</b>	Satu Mare
<b>Teacher:</b>	Kabai Yvette Brenda

In my opinion, sport is important in our life. There are many categories of sports that can make us happy. Most of them are team sports. They can build our team spirit and can help us socialise more easily. Sports are always fun. It is important to realise that sports are not about being the best, they are about playing with our friends and having a good time together. We have to help our teammates with the skills we are the best in. There are so many examples in the world. All the athletes who won big competitions, such as the Olympics or World Cups, know that together they are better than alone.

Sports have an important role in our lifestyle; they can help us lose weight and get fit. They lead us to a healthy life. You don't have to starve yourself in order to be thin. It is unhealthy and it can ruin your life. With sports we can lose weight and stay healthy at the same time. The most common method to lose weight is running. After losing weight it is important to continue. It can make us stronger and motivate us. Our body will be grateful for the decision we have taken.

Sports are not the only method to have a healthy life. Our diet strongly influences our health. Our parents always say that eating fruits and vegetables is really healthy and they are right. Vegetables and fruits contain the vitamins that our body needs. I know that it can be a bit hard to eat vegetables, but we do not have to eat them all the time. We do not have to eat them daily, it is enough to do it several times a week. And do not forget: eating a cookie does not mean that you are unhealthy. Everybody needs a little amount of sugar and sweets can offer it. Eating them in small quantities is all right, but we have to be careful not to exaggerate.

In conclusion, we can say that sports can help us have a healthy life, be more sociable and be happy.





<b>Student:</b>	Turcin Daniela
<b>Grade:</b>	11 <sup>th</sup>
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<b>County:</b>	Satu Mare
<b>Teacher:</b>	Vagner Ramona

Nowadays, with more and more people classed as overweight, we need to participate in sports in order to have a fulfilling life. According to the proverb "a healthy mind in a healthy body", our own lives depend on our health.

First of all, regular exercise has to be done, this being a necessity for the body. Healthy people usually have more energy to work on things they care about, so they have a better chance to enjoy what they do. In addition, exercise oxygenates the brain and gives a great dose of energy.

Secondly, health is an important aspect of human life. We cannot do anything without a balanced lifestyle and sport. People highly influence the quality of their lives through the decisions they make. They are just not aware of this fact.

Thirdly, sport is beneficial both for teenagers and older people because it gives us a moment of active rest and relaxation. It requires discipline and effort, helping us to become stronger not only on the outside, but on the inside as well. Although it is more convenient to watch TV, we need to be active and devoted to the well-being of our bodies.

In conclusion, the fact that being involved in sport is good for us is a universal truth. It helps our minds and bodies, which means that we will be living a longer and happier life.



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<b>Teacher:</b>	Kabai Yvette Brenda

Today, most people think that sports and a healthy lifestyle are connected with each other. Therefore we should do as many moves as possible in order to be fit. The importance of sports grows more and more every day, thanks to their health benefits.

Sports can prevent many health problems, they are closely interrelated. When we do sports our body becomes stronger due to the intensive heartbeat, the muscles and ligaments are exposed to intensive movements. That way many health problems can be defeated. Many people ask themselves: “what happens when I do regular daily moving and sports?”. The answer is the following: during exercises and sports our muscles, bones, joints and ligaments get stressed. The result is the body’s better adaptation to intensive activities which helps the muscles grow strong and adjust our nerve and cardiovascular system.

There are both positive and negative changes in our body. A negative example is that our joints get weak, our ligaments get elongated. These effects appear in old age. Some positive effects are the following: we can make much more physical stress, we perform better in stressful situations and we are more resistant in case of diseases. Sport activity protects the cardiovascular and the respiratory system and prevents illnesses.

We can achieve an active and healthy lifestyle by eliminating fats from our diet, giving up on smoking and on alcohol. For a healthy life doctors and scientists recommend daily at least thirty minutes of physical exercise and a healthy diet. That way we can fight off the everyday stress, which has such negative effects on our organism, causing serious nerve disease, which can lead to bad influence on our mental and physical work.







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The human, the body and the soul, in his unity, is the expression of the fusion between heaven and earth. „Temple of God”, as it is said in the Scriptures, is the house of His Spirit: “Do you not see that you are God's holy house, and that the Spirit of God has his place in you?” (1 Corinthians 3, 16)

From the perspective of The Orthodox Church, body must be taken care of. A worldly method, but very efficient, is the sport: due to it, mind and body remain healthy. The only religious example, in the life of Church, is the Metania.

In the Eastern Orthodox Church this term is used theologically to indicate the veneration given to icons and relics of the saints. In the cult, the proskynesis and metania are done during fasting, especially during The Great Lent.

Metania (or metany) comes from the word μετάνοια. It is performed by first making the Sign of the Cross. Then, one bends from the waist, reaches toward the floor with the right hand open and facing outward, and touches the ground. It is used as the substitute for the prostration when it is normally prescribed, but not permitted by the Canons of the Church. The metania is often used when venerating an icon and when approaching a hierarch or a priest for his blessing.

Full prostration (great metany), also simply called prostration, is an act of distributing one's weight on the knees, feet, and hands, touching the forehead to the floor, staying in the position as long as desired or necessary, then standing up. One usually makes the Sign of the Cross before or after the movement. The full prostration is sometimes called kneeling.

In its “experience”, the Church advises its members to practice this type of “sport” from ancient times, knowing that this way the Christian abstains from all kinds of excess and the body remains healthy.





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<b>Teacher:</b>	Cigan Bianca

A long time ago, kids loved to go out and play with their friends. With the growing popularity of video games and social networks, sports have taken a back seat for the worse. But people who are good in sports also exhibit a lifestyle of a great quality. Not encouraging your children to play sports can make them unhealthy and grumpy, as they turn into adults.

All of us heard at least once about healthy lifestyle, but what does it really mean? A healthy lifestyle leaves you fit, energetic and it's based on the choices you make about your daily habits. Good nutrition, enough sleep and daily exercise are the foundations for a good health.

Healthy diet choices can help you control your weight and reduce risk factors for diabetes, cardiovascular disease and other health problems. Opt for lean protein choices and try to eat fresh fruit and vegetables.

With busy and stressful lives, many people feel like they don't get enough sleep. Your sleep needs depend on your age and activity levels. Getting enough sleep is a lay-factor for a healthy lifestyle. Regular physical activity helps you sleep better.

Daily physical activity can greatly improve your quality of life. But most of us are sedentary. Sedentary people are at a higher risk for developing problems with blood sugar and cholesterol. Try to find activities you enjoy and exercise with a friend. For sure, both of you will have a good time together.

To have a healthy lifestyle, avoid negative thoughts. Positive thoughts have a good effect on your entire body. Motivate yourself with positive ideas. People who have a positive thinking solve problems much better. You are responsible for the way you think. But if you want to live a beautiful life you should think positively.

In conclusion, a healthy lifestyle is not just about sports. It means to know how to keep your own balance and enjoy little things which make your life better.



<b>Student:</b>	Silaghi Ștefania Ioana
<b>Grade:</b>	11 <sup>th</sup>
<b>School:</b>	Colegiul Național „Ioan Slavici” Satu Mare
<b>County:</b>	Satu Mare
<b>Teacher:</b>	Vagner Ramona

Doing sports is an extremely important thing and it should be encouraged more, especially for children and young people. Sport prevents many health problems and improves our communication skills.

In past time, we had limited facilities, but now we have more and more facilities and a lot of varieties of sports like football, soccer, basketball, etc. But unfortunately, nowadays people prefer spending their time on a laptop, PC or watching TV, things which aren't beneficial for their body and life.

Nowadays, people constantly suffer from stress, noise and dust in big cities and there are several ways to avoid them. Sport is an important way and it also makes people feel better about their bodies, and this can make them happier. One disadvantage of doing sports for children is that sports requires much time to participate, stay in good shape, be competitive and to get good results after a certain period of time. Playing sports with family or at school keeps them under the keep of parents and improve the relations with other people and their communication skills. Sports also allow people to improve personally, for example they can learn about teamwork from participating in teams and they learn to trust each other and live like brothers. Many children or adults develop their leadership skills through sport, and they discover some abilities that they didn't even know they had.

All in all, sport activities occupy much of children's free time, but improve their discipline, stimulate them to study and keep them healthy. Playing sports is good for us because it helps our minds and bodies and means that we will lead a long and happy life.



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<b>Grade:</b>	11 <sup>th</sup>
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<b>Teacher:</b>	Vagner Ramona

Have you ever wondered why people do sports? Some of them do sports just as a hobby because they like it and it's a way they can spend their free time. Others, instead, do sports to stay fit and attractive. In my opinion, it doesn't matter the reason you do sports for, it is important to do at least some exercise every day.

First of all, you can do sports and have fun at the same time. There is always a kind of sport which will suit you and there are many different kinds to choose from. If you like team games, try hockey, football, volleyball or basketball. If you want to play with a friend or if you enjoy doing things on your own, you can choose badminton, tennis, swimming or golf.

On the other hand, I'm sure you know the saying: "Sport makes people healthy". That's true! Sport makes our bodies strong, fit and it prevents us from getting too fat. And if we have a healthy body, we will also have a healthy mind. However, sport is always connected to a great risk, too. But all we have to do is be careful and remember that health is given to a human being once, so we should do our best not to lose it.

All in all, sport should not be missing from our lives, no matter what, because its main purpose is to bring up a generation of strong and healthy people.



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<b>County:</b>	Timiș
<b>Teacher:</b>	Faur Ramona

Every day we hear or read about how to have a healthy, simple, glam or any other type of lifestyle. But do we really know what a “lifestyle” is? The dictionary defines it as the habits, attitudes, tastes, moral standards and economical levels that together constitute the mode of living of an individual or a group.

I like to think that a lifestyle doesn’t define only the way we live, but also the way we treat our body. So, it’s not important only what we do with it, but it’s also important what we do to it. That involves taking care of our body. And taking care of our body, as doctors say, should be a part of our lifestyle.

The next big question is which is the proper way to keep healthy and take care of such a precious thing as human body? Just eating vegetables won’t help very much. Of course, a “green diet” is recommended if you want to be healthy. But the key to a good condition is doing physical effort- sports- to be shorter. So why are work-outs so important? First, it controls weight. The calories that we don’t consume during the day will stick to our belly, and thighs (and everywhere!). Second, doing a sport boosts our mood, so it can help us accomplish an amazing amount of tasks in just 8 hours a day. Third, working-out improves our tone, due to the chemicals our brain eliminates during physical effort. And the list could go on.

Doing a physical activity is very important, so we should find a way to include it in our daily routines in order to enjoy all the benefits of a healthy lifestyle. Attending a gym or doing a work-out videos at home can be challenging to some, but once you did it your lifestyle will improve, resulting a happy life you can properly enjoy.



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<b>County:</b>	Timiș
<b>Teacher:</b>	Faur Ramona

How much sport do we actually do without realizing? And how does it affect our lifestyle? Those two questions may pop in your mind once in a while, but do you actually know the answer? Notwithstanding, those questions don't seem that important to the average individual.

Having said that, there are actually multiple ways sports affect our lifestyle in an indirect manner. When we think about 'jogging' or 'running' we usually imagine festivals such as 'Color runs' or that one neighbor who wakes up at 5 a.m. to run before work. Yet we forget that while hurrying to school, our job or to whatever activity we have to do, we most likely run or walk miles without even knowing. I only realized this when I installed an app that counted my steps and was surprised at how many calories I consumed and kilometers I walked.

On the other hand, the same goes for cycling. Nowadays, most of the population uses bikes to get to school or to work. It's cheap and you can avoid the infernal traffic pretty easily. Every country now has special routes for bikers to get faster to work without interfering with pedestrians. People tend to see city biking as a form of transportation and forget about the main advantage it gives us: consuming energy. Sure, it doesn't compare to mountain biking or indoor biking where we concentrate solemnly on working out. So, not only are bikes a way of fast travelling but they are also an everyday sport.

All things considered, sports are not only defined by athletes or an activity by its essence, they are also taken for granted things we do every day that are part of our sporty lifestyle.



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“Mens sana in corpore sano”. The quoted phrase literally means sound in body, sound in mind and is from the opening of Satire VI of Roman poet Juvenal c.AD1 – AD2. The complete line is: “orandum est ut sit mens sana in corpore sano”, meaning “You should pray for a healthy mind in a healthy body”. According to the Latin proverb, sport is important to our lives, because it aims to develop a harmonious physique.

Sport helps maintain health. There is a close connection between the health of body and the health of mind. Thus, the sport movement keeps our physical condition and a good balance between body and mind. That is the reason why sport should not be excluded from our lives and should be practiced regardless of occupation. Outdoors movement encourages smooth functioning of the lungs and through good oxygenation of the blood, the brain and heart functions better. Also, sport can be a relaxing and socializing method, because it can be practiced in a group. For example, with family, friends, colleagues etc., depending on the interests of each group. An example of a sport that is a discipline for mind and body, are martial arts, which mainly means the development of a higher consciousness in harmony with the environment and self – control achieved through physical and mental exercise. This sport is practiced by a large number of people, because it helps maintain a perfect health.

Over time, the body ages, but through sport we delay the effects of time on the body, starting with ligaments, making them more resistant. A healthy body has a faster regeneration cycle of the used older cells than the unhealthy body.

Therefore, sports should be an everyday aspect of our lives, because it helps maintain a balance between body and mind, of vigor, youth and health.



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Mens sana in corpora sano would be the principle by which most people would guide their lives and achieve daily satisfaction. We do not refer exclusively personal satisfaction, because at larger scale, sports prove to facilitate social and intellectual benefits since they bring people together, develop useful skills and help achieving success.

To start with, it is known that sports do have a liaison attribute, that they build friendships which may last forever. Imagine friends supporting different teams in UEFA Championship. Would they fight over team preferences? Out of question! They would watch the matches together and go beyond their choices and cheer together.

Secondly, it is a fact that all sports develop certain skills. When playing a team sport people learn to trust their teammates, go beyond individual approaches and think for the benefit of the team. This ability will prove an asset in many fields of activity where sharing ideas and peer learning are at their highest.

Also, it seems we are all afraid of a thief who might come at night and steal our things. But the biggest thief one may meet is doubt. It has crushed more dreams than failure ever did. Many people say: "I might get in shape, I might eat healthier", but few actually do. They lack that spark that will help them pursue their dream. Sporty people, on the other hand, are trained in endurance and will. They overcome their fears and achieve their goals no matter how difficult it may sound.

All in all, life without sports would be much duller and neither our mind nor our body would work at their full potential. They teach us about winning and losing with dignity and finding the inner strength to move on and achieve happiness.





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### What do sports and lifestyle actually mean?

First of all, it means to have a healthy, active life, moderate physical activity, a healthy diet being an efficient way to protect ourselves, to prevent a variety of diseases, the total abandonment of fat products, tobacco, as well as alcohol. Sport is not only important for our health. On the contrary, it helps us have an enviable figure.

We are a generation whose time is quickly running out, but nevertheless, we are can change our way of living, our way of eating. Instead of eating a hamburger we can eat a fruit, which will give us more energy; instead of going to the doctor, we can better go to the gym, the swimming pool, or take some dance classes. We have lots of opportunities nowadays to do things that can make us much happier. We are changing lives. We must be motivated to accept another way of living. We need to combine sport with a diet that contains more carbohydrates and fibre.

However, besides sport and a healthy diet, we need to add a program of rest so the body will adjust and we'll feel more energetic every day. People work all day long in front of a computer and they get tired and don't have time anymore to exercise. They feel exhausted and don't find the solution to organise their time in order to be able to spend time with their families, walking, jogging.

Around me, I only see stressed and cranky people who light up a cigarette to calm down, but this is not the solution. The solution is to extinguish the cigarette and engage in an activity that will help release all that stress. I'm the kind of person who likes to live healthily, to be active and would be ready to convince others to do so.

I believe that Romanian people should be informed about how to combine sports with a healthy lifestyle. Nevertheless, doing sports doesn't mean only exercise, it also means motivation.

Finally, I think that we must make the best choice for us and this is sports and lifestyle.