

we face during our daily lives, such as falling down and breaking a bone, would not have resulted in injuries if the individual was more physically fit. As a result, sports activities improve physical fitness, making the individual more presentable, and more resistant to injury.

In conclusion, we must include sports activities in our daily, if not weekly, programs to live a longer and healthier life. With sports activities only, we can avoid chronic diseases and have a healthier and more fit body.