

# SPORT IN MY LIFE



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- ▶ I want to show you a little presentation about what SPORT means in my life

▶ But first....

▶ **Let me take a selfie**

- ▶ Ahaha i`m joking))

▶ Let`s remember what does it mean - Sport

# SPORT.

- ▶ Sport has always been the essential part of a healthy mankind life. To my mind it helps us to keep our body strong, active and fit. And it also makes our personality disciplined, organized and optimistic.
- ▶ As for me, I can't say that sport takes big part of my life. But my whole life is connected with sports.
- ▶ And HOW ITS CONNECT)
- ▶ Let`s see some pictures))







- ▶ Dance demands physical preparation, respectively, dance is a sport.
- ▶ From this I came to conclusion, that I`m very sportive :D



D.....

- ▶ , my work it is connected with sport, I rise every day up and down on a step-ladder. I do more steps than other people, I serve clients and running behind them (that they bought something)



# AND MY LOVELY LADDER :D





# TO BE SERIOUSLY....

- ▶ Unfortunately, very few people go in for sports. Big percent spends the time for unnecessary things. Isn't able to distribute time. I won't write and speak much, all this perfectly understand. There is a proverb-
- ▶ ***A sound mind in a sound body.***
- ▶ Protect the health and go in for sports!