# SPORT IN MY LIFE

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nt to show you a little presentation about t SPORT means in my life

But first....

## Let me take a selfie

Ahaha i`m joking))

Let's remember what does it mean - Sport

#### DRT.

rt 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))





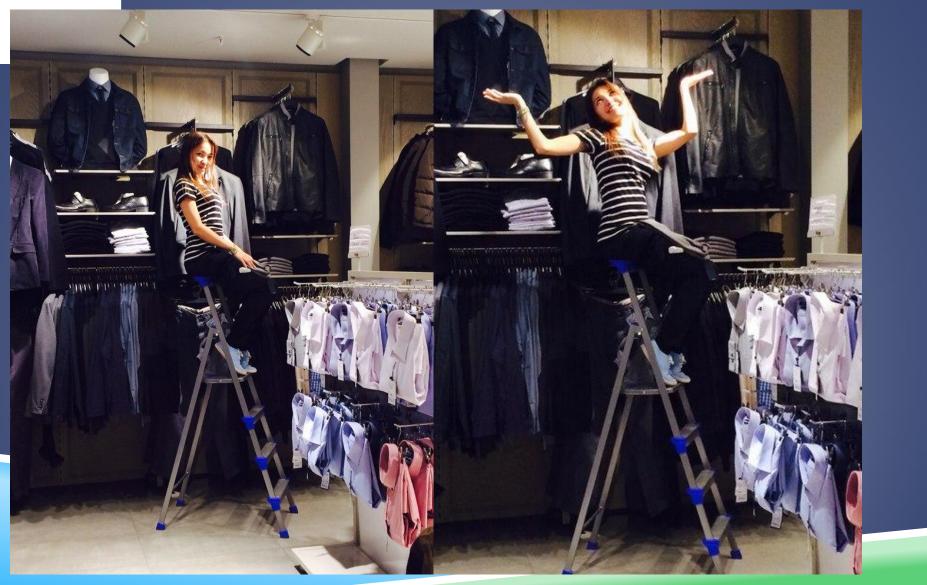
 Ice demands physical preparation, pectively, dance is a sport.
From this I came to conclusion, that I`m very sportive :D



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



#### O 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!