

# *Sports in Russia*

**Stepan Shevyakov**

**It's very important for people to have some regular exercises. In Russia a lot of people go in for sports. We can say that Russia is a nation of sports-lovers.**

# Many sports are popular in our country:



**football**

**volleyball**



**basketball**



**hockey**



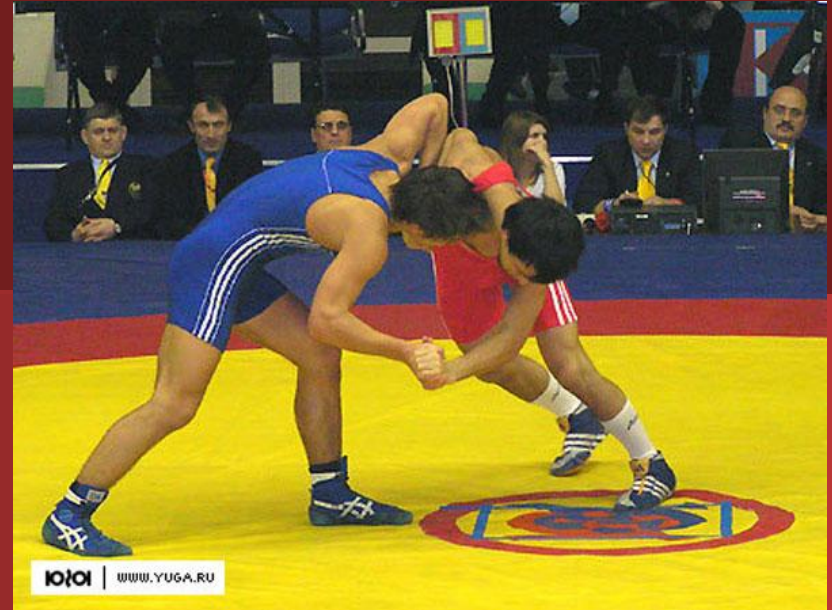
**figure skating**



**skiing**



**tennis**



**wrestling**



**shooting**

# All water sports are widely spread in our country :

**diving**



**water skiing**



**swimming**



**sailing**

**Some people are fond of extreme sports such as rock climbing, potholing or white-water rafting.**

**rock climbing**



**potholing**

**white-water rafting**



# Russia's ethnic minorities also have their own traditional forms of exercise.

- The Yakuts of central Siberia are skilled **reindeer-sled racers**.
- **Archery** is popular with the Buryats of eastern Siberia.
- On the Amur River in southeastern Russia **canoeing** is also a popular sport.





**Sports in Russia have traditionally been divided into amateur and professional. That's why there are different sports clubs in the country.**

**A lot of sportsmen take part in international competitions and win medals.**

**A great number of sportsmen take part in the Olympic Games and show excellent results. Hundreds of athletes have become Olympic medalists and record-setters. The names of Russian sportsmen are famous all over the world.**



**Irina Rodnina and  
Aleksander Zaytsev**

**Tatyana Navka and  
Dmitri Solovtsov**

**Yevgeniy  
Plyushchenko**

**Irina  
Slutskaya**





**Nikolay  
Valuyev**



**Konstantin  
Tszyu**

**Maksim  
Chudov**

**Ivan Cherezov**





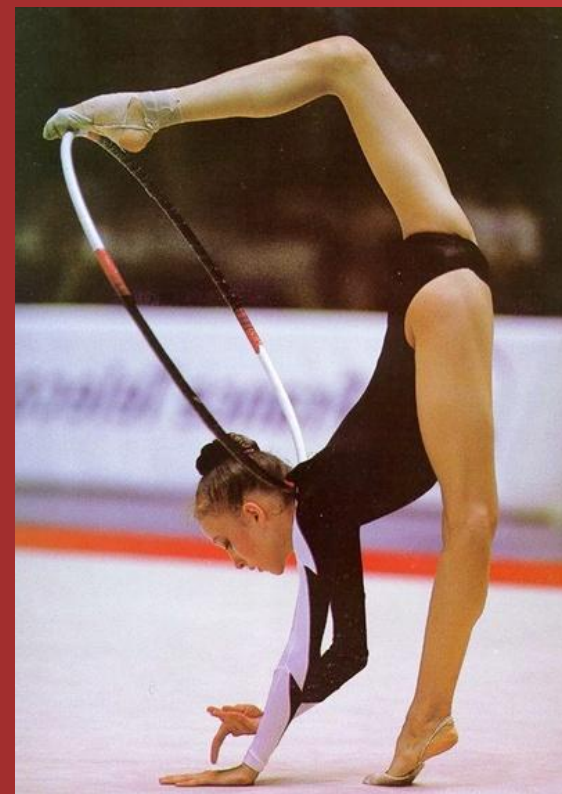
**Aleksey  
Nemov**



**Yelena  
Isimbayeva**



**Alina  
Kabayeva**



**Lyaisan  
Utyasheva**



**Yevgeniy Kafelnikov**



**Yelena Dementyeva**



**Marat Safin**

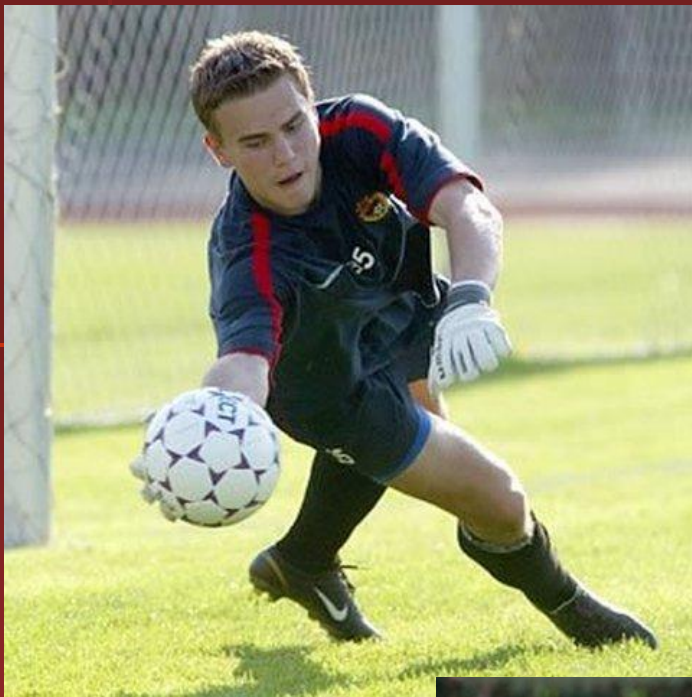


**Dinara Safina**



**Maria Sharapova**

**Roman  
Pavlyuchenko**

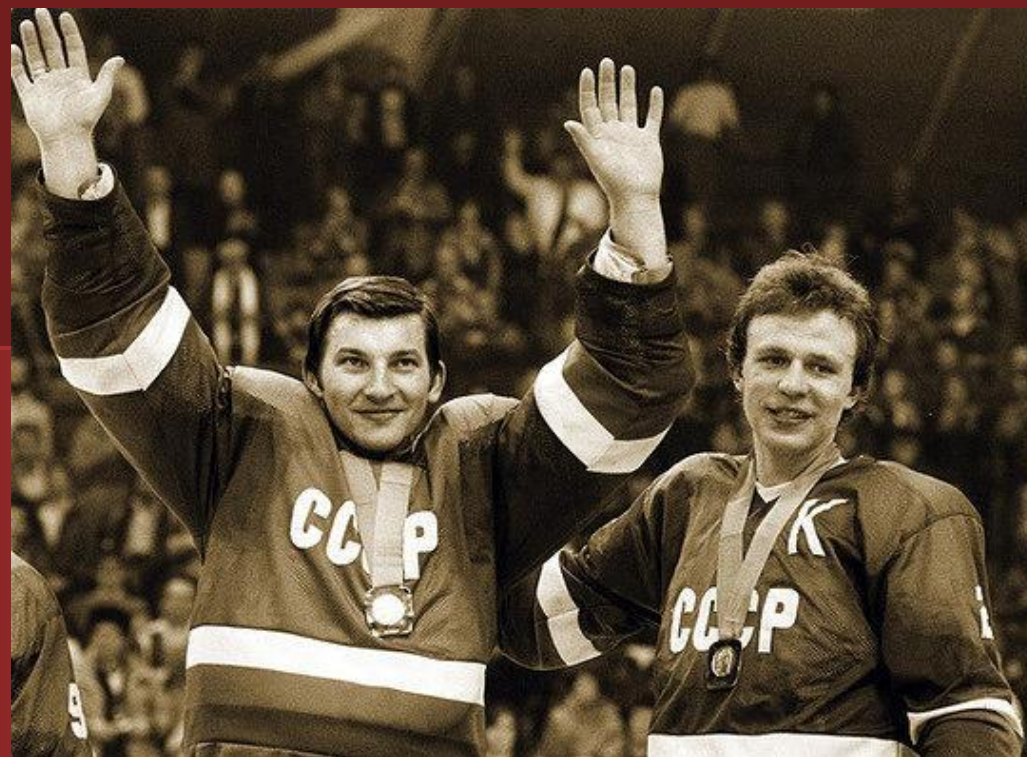


**Igor  
Akinfeyev**



**Andrey  
Arshavin**

**Vladislav Tretyak  
and  
Vyacheslav Fetisov**



**Aleksander  
Ovechkin**

# During the last years there was a great increase in keeping fit and staying healthy in Russia.

- A lot of people started **jogging** and going to fitness clubs in their spare time.
- **Aerobics** classes and fitness clubs were opened in every town, and the number of recreation centres greatly increased.





# Doing sports prevents us from getting too fat and helps to stay healthy.

- But despite the increase in the number of people participating in sports, the majority of them still prefer to be spectators. Thousands of people go to the stadiums to support their favourite teams and sportsmen. Most of the important competitions are televised and people enjoy watching sports programmes on TV.

*But certainly watching sports events and going in for sports are two different things.*