

# Baseball

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# Safe At Home!





NEWBURGH  
TOYOTA

NO SOFT TISSUE  
INTO PLAYERS





# The Art of Baseball



You might think of baseball as just a fun activity but it is more than just that. This sport can help you with your physical body and your mindset in other skills in life. Some people say that baseball is just this fun game but it's a great way to help you in physical and social aspects. I think your kid should start baseball because it is something that will change his or her life in positive ways!







# #Batting Practice





I think that kids should start playing baseball to have fun and develop a stronger physical body. One way you can get exercise is by throwing a baseball because that can develop a strong bicep and deltoid while you can have fun having a catch with a friend. Also, when you run you're getting muscles that are strengthening your cardiovascular muscle group which is located right behind your breast bone which helps pump blood throughout arteries and the veins says *livestrong.com*. Thus, *healthfitnessrevolution.com* says that baseball is a great way to burn calories and boost your metabolism by running catching and even walking on and off the field will help burn calories and have a boosted metabolism therefore I think that you should start playing baseball. In an interview with Bob Mayer, a former college baseball player, he says, "It requires me to run and also a lot of bending, reaching and stretching. That is a workout in itself if you do enough of the running. Sliding is also strenuous and you have to learn the technique, which is the right way to slide. Part of the workout is the different ways to throw. Sometimes overhand, sometimes side arm, sometimes underhand."

I think baseball is fun and a good way to get support and have fun. For example from a personal experience where I was having a great time in the championship game and cheering my teammates on and then the outcome was winning because of the support from my teammates. Another reason why I think baseball is important is because it can teach you dedication which can help you with school and learning new things in general says *UQ sports*. Another reason I think that baseball can teach your kids how to work together and collaborate. According to *UQ sports* they're playing with a team and they have to throw the ball to one another which is collaboration and working together. That is another reason why baseball can be a good activity to participate in.



In conclusion I think that baseball is a great way to have fun and get tons of exercise. It helps you with socializing, teamwork and much more that you need in life. I think that you should start playing baseball if you have not already. I hope that you took this essay into account of what you think about baseball.

