

Sports

By Adam Mirenberg

Sports. Rough, competitive, and most of all... fun. I think that playing sports make you healthier and stronger.

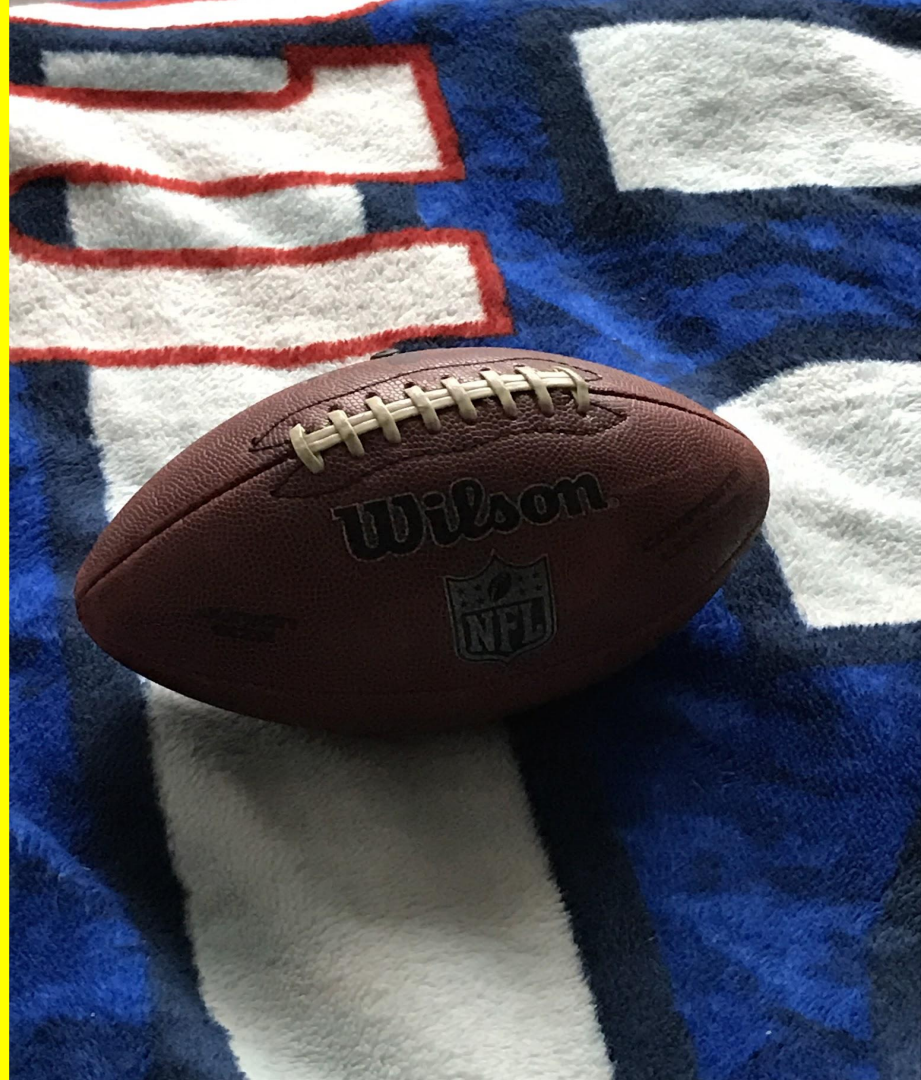
One reason I chose sports is because I'm an athlete. I play most sports because they're fun, and I'm active while I play them. Alongside that, they make you healthier and stronger. According to *Livestrong.com* a health site, "People should get 150 or more minutes of exercise a day." To a kid, that would feel like torture afterward. Some adults would feel the same way. But some wouldn't. I go to the park to play hockey, basketball, baseball, and football. All those sports. At most, my time in the park is at least 4 hours. Maybe 15 minutes more. Little fun fact, according to *Livestrong.com* health site, "Playing sports builds your muscles by tearing them, then repairing them." They also said, "Playing sports improves your blood flow." That's how sports can build your muscles.

Another reason I chose sports is because it's competitive, which could mean people are going to say some hurtful things to you. Everytime I play another team in sports, someone always says something to me to get me upset. But playing sports has made me mentally stronger. According to *Protracto.com* fitness website, "Playing sports can de-stress you." What I'm about to say, almost everyone should know. According to *Protracto.com* fitness website, "Playing sports builds your confidence." I interviewed a student in my school named Gelson. He said sports make him feel calm and excited at the same time. I asked him what he feels like after he plays sports. He said he still feels competitive. He also said he likes sports because his uncle taught him how to dribble a basketball. He hasn't just been playing basketball, but a lot ever since.

The last reason I chose sports is because I dream of being an athlete. They make a lot of money (\$100,000's-\$1,000,000's). With that money, I'll definitely be able to support myself. Sports can make people's lives better. According to *Livestrong.com* health site, "Playing sports as a kid, tween, or teen helps you make it to the pros." They also said, "Playing sports can prevent memory loss." This works for anyone. Recently, I won my football championship. All of my team was yelling and jumping. It was a good feeling even though it was for fun.

In conclusion, I think playing sports make you healthier and stronger. If you don't like sports, give it a try. It's a great way to stay healthy and active while having fun.





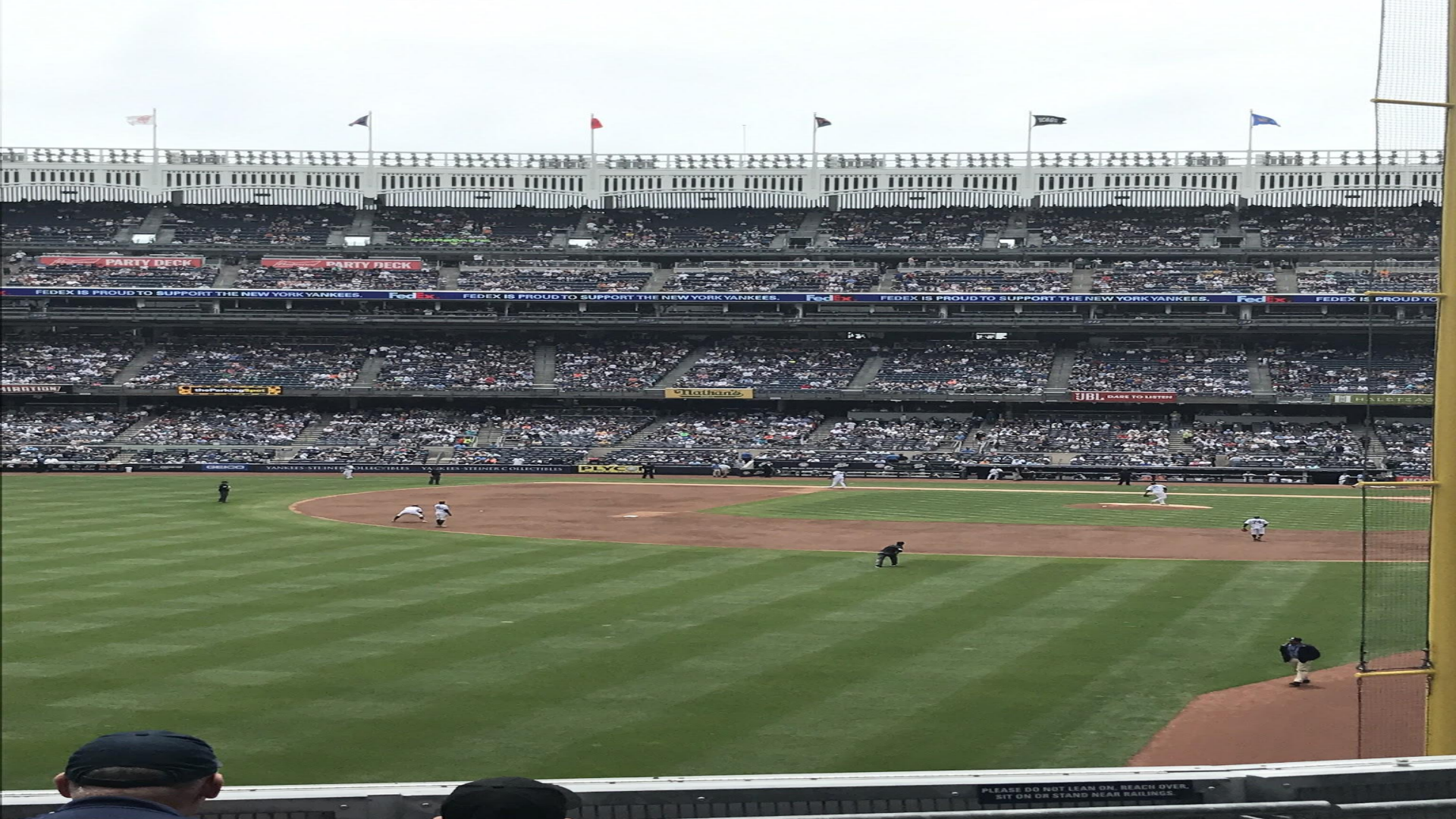


Baseball equipment from my first ever little league baseball game.









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