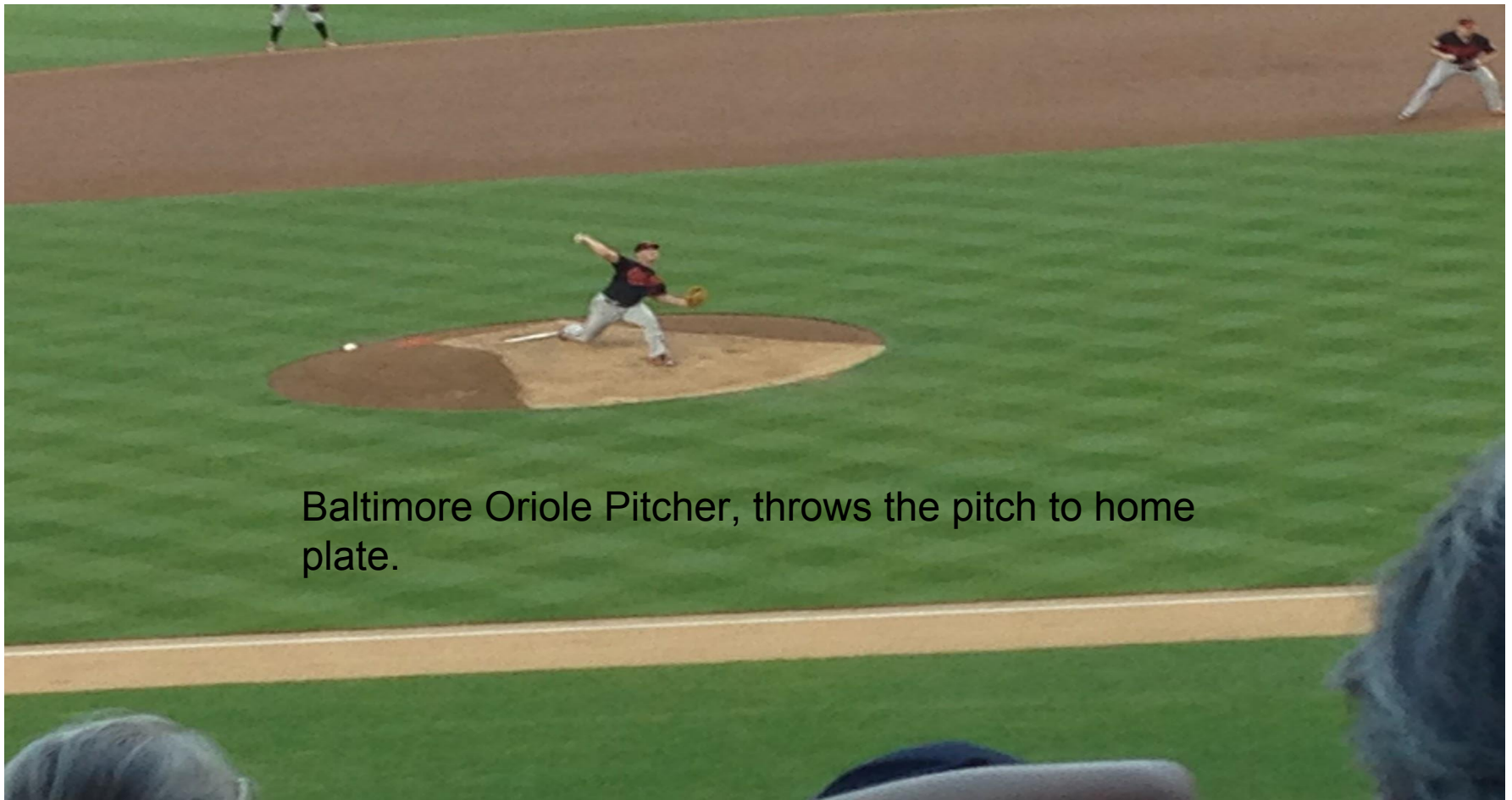# Sports

By:Rafferty Kleinert

Picture this! You're walking through the park and all you can think of is how you feel like you're not that fit,active, and you don't have many friends. Then BOOM!! You see a sign saying sports tryouts. You go in and you're so engaged with the sports suddenly you're hanging out with kids. Getting social and happy. Plus feeling healthy and active. Overall, you feel ALIVE!!! Listen I know that this sounds crazy but it's true and sports can be a hobby for anyone!!! Wouldn't this be great for the world? That is why I think that people should play sports.

Baltimore Oriole Pitcher, throws the pitch to home plate.

Additionally I think people should play sports because sports help you get healthy. Therefore according to Healthy Living.com, it says that sports help your immune system and help you not to get ill. In addition I think this is great because sports help your body stay steady. Furthermore, according to Healthyliving.com it says that sports help problems with your heart. Additionally, I think sports are great because your heart is very valuable and sports help it stay healthy. In addition according to www.organicfacts.com sports help burn bad or excess calories. Therefore, I think sports are great because even if you eat unhealthy, sports back that up. I sure am glad that Babe Ruth played baseball because if he didn't he would have lot's of calories.

New York Yankees Aaron Judge at the plate

This is a baseball uniform.

Furthermore, I think sports help make friends and great teammates. Therefore, according to www.Heathine.com it says that sports help bond with teammates and then make friends. In addition, I think this is great because 1000 percent you will have teammates and you'll probably have teammates. Like me for example I had 12 teammates and 2 of them I made friends with. Thank goodness I had 2 friends on that 0-11 team. Furthermore, I interviewed Ian Kleinert who is a resident of the upper east side and he said ''I played baseball and met teammates and to this day we still keep in touch.'' In addition this shows that Ian Kleinert stuck with friends from sports. Additionally, according to www.huffingtonpost.com it says that sports show your energized side and sometimes that makes you bond with kids easier. Also, I think this is great because sports let you show your best self.

Baseball equipment.

Hockey equipment

In addition I think sports help you get more active, involved and helps your mood/feelings. In the same interview, Ian Kleinert said, ''When I played sports I felt like every second I was in it.'' Therefore, when you play sports you feel like you have to be prepared for anything. I felt like I was in it and it made me more focus. Additionally, according to www.Heathline.com it states that sports improve your mood. Furthermore, as a bonus for staying healthy it improves your mood to, and makes you a better person. Finally, according to *aspenprojectplay.org* it states that sports help with participation and help your brain be more active. Therefore, sports can help you with school. Sports sure helped me be more confident and brave.

New York Yankee pitcher throwing the ball to home plate.

Ian Kleinert trying to crush the baseball.

Overall, I believe sports have amazing benefits that you can't even think of. So that is why people should play sports. While it important for people to have relaxing days, you don't need them every day. All sports do is let you have fun and let people get healthy and make the world a better place. Just imagine Lou Gehrig as president!!! How healthy would the world be? Everyone would look up to him and eat healthy, play sports, stay active and most importantly have FUN! If sports were world wide people would have so much FUN! Guess what? We can do this!!! So that is why I think people should play sports.

Watching the basketball go in.

Another thing sports help you is sportsmanship.