

THE ROLES OF SPORTS IN HUMAN LIFE

-
- We know that regular and brisk physical activities keep blood pressure and body weight at high levels, give energy, reduce stress and depression, affect our emotions positively, reduce the risk of cancer, diabetes and obesity, and protect heart health.

TURKISH JAVELIN

- **Javelin is known as a war game that Turks have been playing since they came to Anatolia from Central Asia. Javelin, which was played in Anatolia in later periods and is also known as an equestrian sport, has been passed down from generation to generation since its beginning and continues to exist today**



Today, people living in the Eastern Anatolia region of Turkey show great interest in javelin sport. Erzurum's first Equestrian Sports Specialization Club was established in 1957. The total number of equestrian sports clubs in this province is 11. There are 30 equestrian sports clubs in Uşak province.



TURKISH MANGALA

Is Mangala a brain game? Mangala is a Turkish intelligence and strategy game that dates back to ancient times but has continued to be popular until today, having been played very widely during the Ottoman period.



In the game, 6 small wells next to each other in front of each player are that player's territory.

The 6 small wells opposite him are his opponent's territory. Players try to accumulate the most stones in their treasury. The player who collects the most tiles at the end of the game wins the game set.



TURKISH ARCHERY

- **The origin of archery dates back to ancient times, as arrows were used as war and cavalry weapons throughout human history. According to archaeological studies, BC in Egypt. It was observed that arrows appeared through hunting in 5000 BC.**



Is archery healthy?
Archery contributes to the development of attention and concentration. It strengthens the immune system.





NATIONEL ARCHER OF OUR COUNTRY, METE GAZOZ:

- **Metė Gazoz is a Turkish Olympic archer. He is an athlete of Istanbul Archery Youth and Sports Club. By winning gold medals at the Tokyo 2020 Olympics and the 2023 World Archery Championship, he became the first Olympic and world champion in Turkish archery history.**



**Metė Gazoz is the pride of our country
in the history of archery.**

