

 **BE**  
**ENERGETIC** 

**WE MUST DO SPORTS**



**WE SHOULD DO  
SPORTS FOR OUR  
HEALTH**





# -SPORTS-

## WHAT IS SPORTS?

**It is the common name for all body movements performed in accordance with certain rules and techniques, beneficial to physical development and also for the purpose of entertainment and competition.**

# SOME INFORMATION ABOUT SPORTS

## History of sport



After the first man, sports activities first occurred in B.C. It is accepted that it was built by the "Sumerians" around 5000 BC. During the excavations, tablets showing a Sumerian racing car and the athlete driving it were unearthed.



## What happens if you don't exercise?

Exercising causes sleep disturbance, but this becomes permanent and can lead to many health problems such as weight gain, type 2, diabetes, decreased health system, mood disorders.

## What are the benefits of doing it?

Exercising regularly improves quality of life. It is extremely important for those who want to upgrade. Most people choose to exercise to lose weight or increase muscle mass. In fact, the benefits of sports are not limited to these. The benefits of doing sports include spiritual and mental benefits beyond physical advantages.



## MAIN BRANCHES OF SPORTS

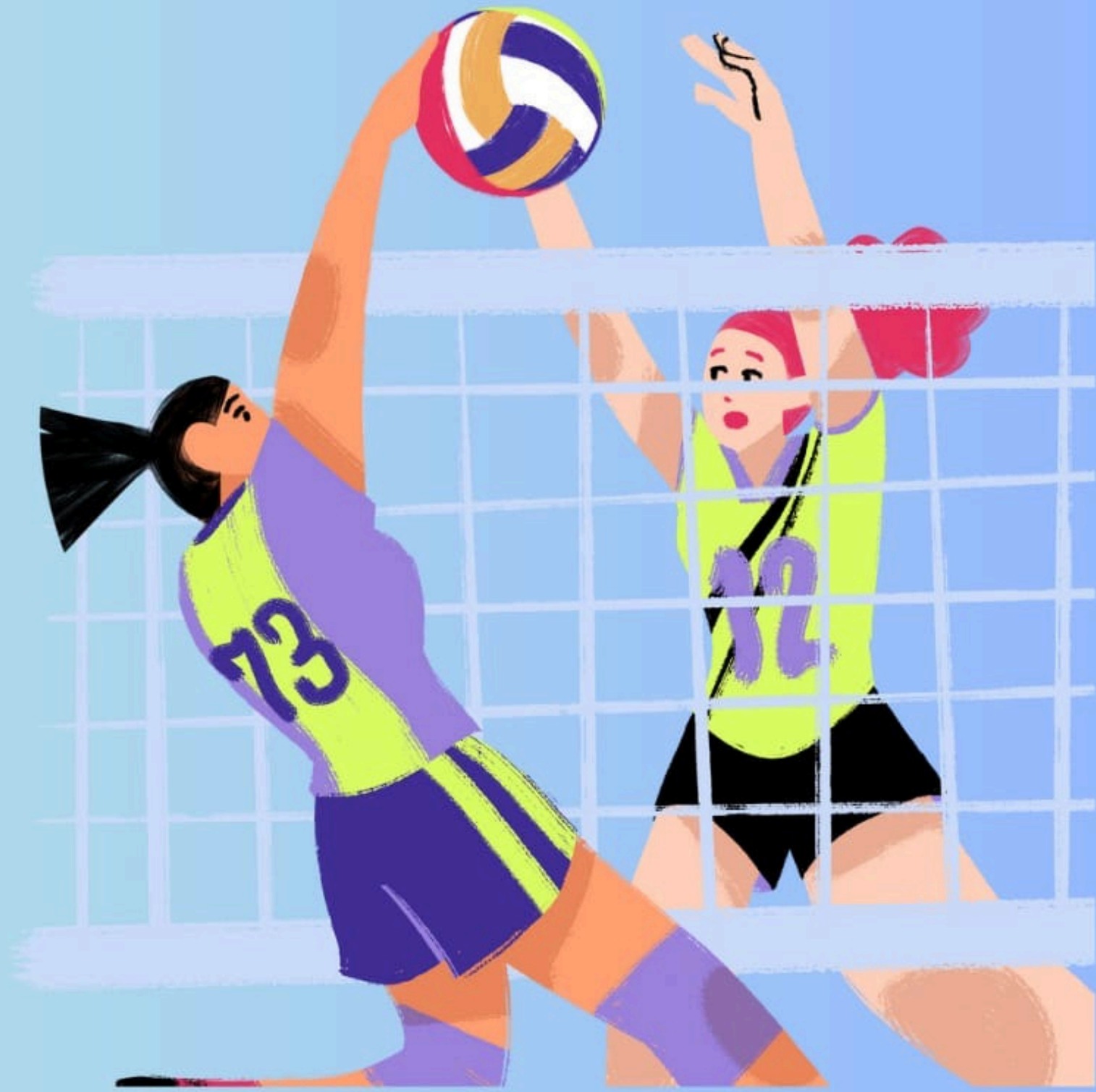
Sports are divided into two: sports that are indoor sports and outdoor sports

**YOU ARE ONE STEP CLOSER EVERY DAY SO DON'T GIVE UP TODAY**



A person without sports is like a tree without leaves.

Look at life through sports



WE SHOULD  
DO SPORTS

 **BE**  
ENERGETIC 