

Sports all the year round

A lot of people all over the world are fond of sports and games. These are the things in which people of every nationality and class are united. Physical exercises of any kind are useful and can make our bodies stronger and our health better.

The most popular outdoor winter sports are ice-hockey, skiing, skating and tobogganing. Some people greatly enjoy figure-skating and ski-jumping. Isn't it nice to go to a skating-rink to skate or to the forest and mountains to ski on a frosty winter day?

Summer gives excellent opportunities for swimming, boating, sailing and many other sports. Among outdoor games football probably takes the first place in public interest — this game is played in most countries in the world. The other games that have firmly established themselves in favour in different countries are tennis, volleyball, basketball, badminton and table tennis, rugby and cycling and many others.

All the year round people indulge in athletics, gymnastics, track and field events, running, jumping and jogging. Quite a few men are keen on boxing and wrestling, while scores of young girls and women enjoy calisthenics. Over the last years aerobics and shaping have become popular with girls and young women. The most famous promoter of this kind of sports was a well-known American actress Jane Fonda. She encouraged women of all ages all over the world to go in for this kind of sports because it helps them to keep fit and healthy.

Among the indoor games the most popular are billiards, bowling, draughts, table tennis, fencing, badminton and the great international game is chess, of course! The results of chess tournaments are studied and discussed by thousands of enthusiasts in different countries.