

FREE TIME ACTIVITIES

Sport is good because it helps you to stay in good form. It's amusing and beneficial.

If we practice sport we can live more years and live much better. It reduces the risk of diseases.

The disadvantages of sport are: dangerous injuries or fatigue.

You must walk about 30 minutes and do sport about one hour every day

Classification of sports depends on the risk:

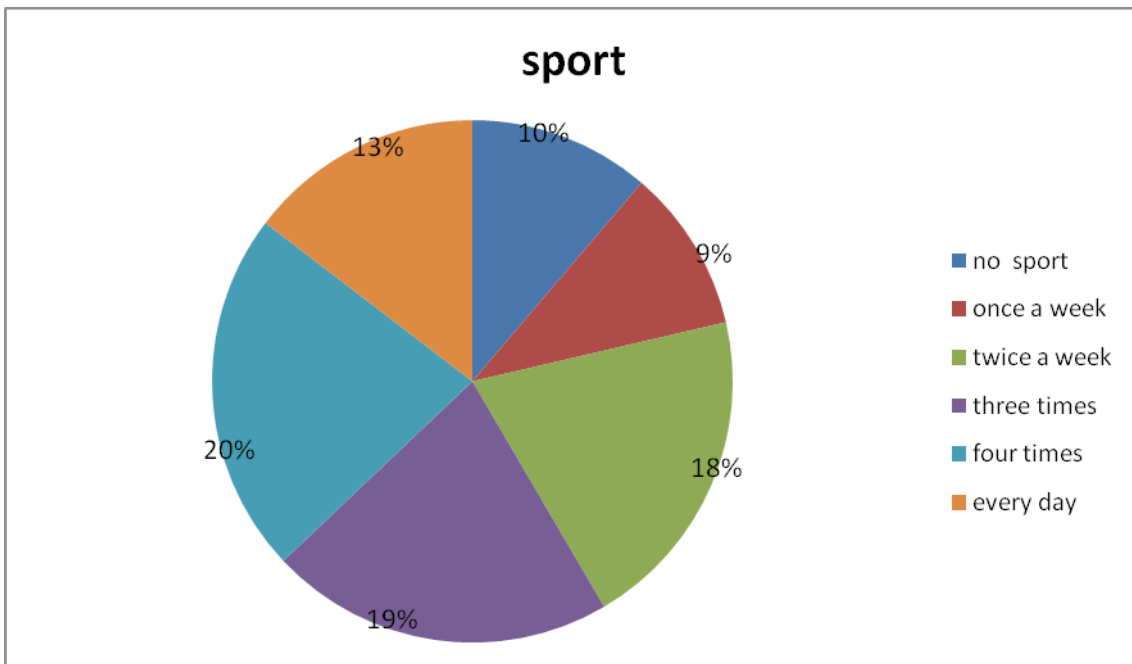
-Beneficial sports (without risk):handball, basketball, swimming, skating and cycling.

- Sports with little risk: tennis, judo, fencing, classical dance,skiing, riding and squash.

-Sports with risk: Jump of springboard and lever, weight-lifting, waterskiing and rugby.

Almost 10 % of the population never do sport, the 9 % prefer practise sport once a week, the 18% do sport twice a week, the 19% three times a week, 20% four

times a week and 13% every day.



According a survey made in U.S.A, the most popular sports between the teenagers are:

1. Athletics
2. Handball and Basketball
3. Cycling
4. Tennis
5. Football
6. Swimming

The sports least practised between the teenagers are the following:

1. Surf
2. Equine
3. Footing
4. Gym
5. Volleyball
6. Hiking

The most famous sportsmen in Spain are:

Rafael Nadal: He is a Spanish tennis player. He won the 2008 Olympic golden medal in singles, a record 27 titles in ATP World Tour Masters 1000 events, and 16 ATP World Tour 500 tournaments.



Alberto Contador: He is a Spanish professional cyclist. He was the winner of the 2007 and 2010 Tour de

France, and 2008,2009 and 2014 Tour of the Basque Country.



Andrés Iniesta: He is a Spanish professional football player. He scored the goal that made Spain win the worldcup in 2010. Iniesta plays in Barcelona team from 2002 until now.



Pau Gasol: He is a Spanish professional basketball player. He plays in Chicago-Bulls and he won the 2006

FIBA World Championship and the 2009 and 2011 EuroBasket tournaments.



Marc Marquez: He is a Spanish Grand Prix motorcycle road racer and former MotoGP world champion. He is the youngest rider to win 5 successive Grands Prix.

