**TEENAGERS` FAVOURITE SPORTS**

Our subject was about teenagers’ favourite sports. We did our survey to get to know what sports do teenagers prefare and if physical activities are done enough among teenagers. Movement, physical activity and sport are essential for everyone's health. They provide the normal development of the organism, it protects the body from many diseases and premature aging, as well as gives liveliness and increases performance. It has long been established that, due to physical inactivity, can develop and progress in a number of serious diseases, such as cardiovascular disease, obesity, diabetes. Importantly, the incidence of this disease is increasing, which can be directly attributed to the sedentary lifestyle of young people. Today, millions of people suffer from muscle inactivity. We had 11 respondents from Latvia, Turkey, France, Poland and Greece.

In the firsts question we get to know that most of interviewees prefare skiing or other sports than football, volleyball or basketball. Previously mentioned are favourite for one person each. This is interesting, because skiing was given as the only kind of sport that doesn’t need team. From this we can conclude that teenagers prefare to do sports alone more than with others, because it doesn’t impose liability.

The same number of respondents – 3, claims that they prefare winter and also summer sports. But even more – 5 people like both of them.

6 of respondents said they do sports more than twice a week, a little less do it twice a week, and only one interviewee does physical activities less than once a week. I consider this as very good index, because it is necessary to do sports as often as possible.

Most of the respondents said they prefere to do sports at home or outdoors. Many of them claimed that they better choose to do sports with friends not with classmates or family. They like to do sports also alone. It is understendable, because everyone like to do phisical activities when they are comfortable, and we are comfortable when around us are people we know.

None of respondents assert that physical activities don’t help them to stay healty. Almost everyone maintain that sports help to keep good health. This is good, because that means teenagers do understand the necessity of doing sports.

From this survey we can conclude that young people are interested and do sport and therefore improve their health. To increase physical activities among young people there should be infrastructure suitable for carrying out physical activity, this is the main contributing factor for teenagers’ performance of physical activity. Based on survey we consume that performance of physical activity among teenagers is at a good level. Doing sports improves your body, consumes calories and removes bad substance. Healthy lifestyle is a very important in all ages. We think that in future poeple will be more in sport because world develops and people have to keep up with it. In our opinion, people will go to gyms more often, because it is very fashionable to keep fit and do sports. There will be more gyms in the future, because even now health and fitness is a massively profitable industry, and much of this comes down to gyms and health clubs.

 

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