

# ★ FIT INDIA ★

## ∴ Sports And Health :-

Today increasingly more people think of the necessity to engage in sport activity to be able to lead a healthy way of life.

Sports prevents many health problems and renders enormous influence on our health. Sport and health is the base for a human being his ability to decide serious vital tasks & surmount various obstacles. It is a necessary condition for a man to live long and happy life.

What happen in our body when we are engaged in the regular sport activity & during exercising we make work our muscles, bones, joints, ligaments in a stress mode, which results in their adaptation to such an intensive work, it makes our nerve system to more effective functioning and helps us perform more difficult tasks, than we have done before.

There are also positive changes in our joints, but those who are thinking the more, the better, are deeply mistaken.