



Argumentative Essay on Sports

Participation in sports is essential and should be strongly encouraged. Children and adolescents, in particular, need to engage in sports to develop good habits that they can continue growing into. The main benefits of sports are improved health and stamina and social and communication skills.

With more than a third of adults in the USA considered overweight, and many are obese, it has never been more important to participate in sports. People who play regularly burn more calories than they do not, so they are less likely to be fat. Having a healthy weight means that you are less likely to die young and suffer from heart disease, stroke, high blood pressure, diabetes, and many other conditions. If you already eat well, it can give you extra calorie supplements you can handle without feeling guilty about it.

As well as improving the health and stamina of the heart and blood vessels, exercise is good for the musculoskeletal system, makes muscles softer and more robust, and enhances bone and joint strength. People who do sports will be stronger and able to lift heavy loads, which is always helpful, and they are less likely to be weak as they grow older because of their strength. In addition, exercise can improve mental and physical health. It is helpful for people with depression and a list of other mental health problems because it removes good chemicals from our brains, also makes people feel better about their bodies, making them happier. It reduces the risk of eating disorders and weight loss, as people make sensible, healthy changes in their lifestyle.

Sports also allow people to make personal progress. Sports can help you acquire and build social and communication skills. Collaboration, for example, is naturally learned through participation in sports and team sports. Communication skills can be shaped, as they are central to the success of any team, and their lack leads to failure. Many people will also develop leadership skills through sports, often acquiring abilities they did not even know they had.

Most people's self-esteem improves through sports as they acquire skills and develop their bodies. Participating in any competitive sport enhances our ability to handle stress and do well and teaches us to win and lose favour. All in all, the fact that playing the game is good for us is undeniable because it helps our minds and bodies and ultimately means we will live longer, happier lives.

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