

The negative effects of sports



ARE THERE ANY?



I think, doing sports can't be harmful, however in some cases you **must** be careful.

Don't do sports if

- you are tired
- you are ill
- you are exhausted
- you have poor blood circulation
- You have no motivation



Because you may get injured

Choose the right sport

Consider

- your own abilities,
- loadability
- you prefer individual or team sport
- you want be trained by a coach or not.



Pay attention to your body.

- Plan your training. (warm up, cool down and stretching)
- Healthy nutrition is also important
- Drink proper amount of water



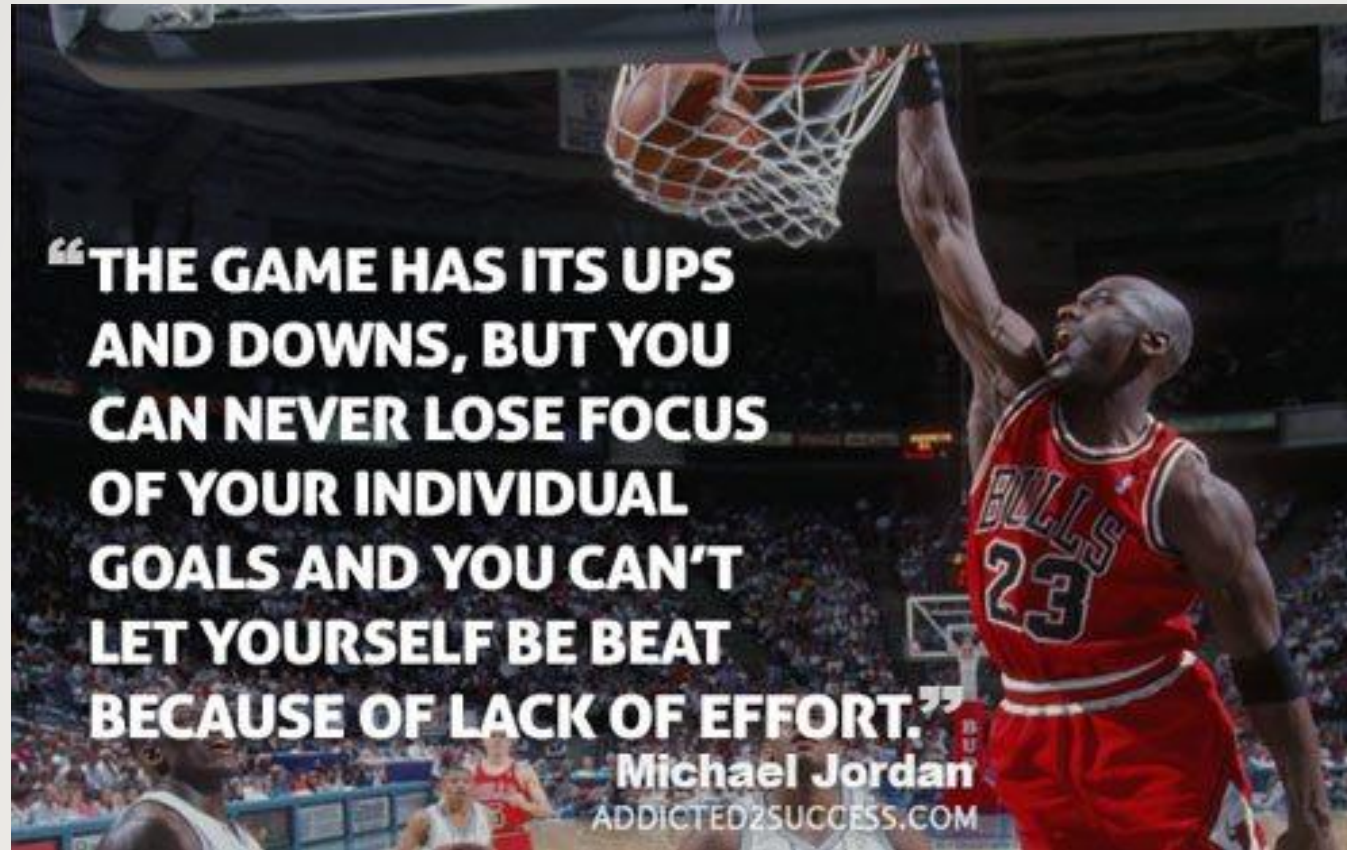
If you feel tired or upset you are probably **overtrained.**

The negative effects of professional sport

Professional sportpeople often risk their health for the best results. Nowadays they struggle with more and more mental and health problems because of the mental stress and high expectations.



If we are careful we can avoid the harmful effects of sport.



Make a digital book with Book Creator



Digital book pages:

1. Cover with a title
2. Would you like to try this sport? Why or why not?
3. Picture dictionary –What kind of equipment do you need? List the most important items with pictures
4. What are the benefits or disadvantages? (e.g. cost, danger, difficulty.....)

Follow up activity: Do it at home after the meeting.

Complete the book with your own pictures and write about your experiences in Hungary