

Topic I

TOPIC 1

Each Man Is a Creator of a Temple

Called the Human Body

To begin with I'd like to comment on the metaphor that compares our body to a magnificent temple. In fact, it is a hundred percent true. A human body is a perfectly organized creation with millions of blood vessels. It has an extremely powerful engine that pumps gallons of blood every day. A human brain is a fantastic mind machine. It contains around 100 billion cells, equal to the number of stars in the Milky Way.

Nowadays people are getting more and more concerned about the food they eat, about the air they breathe and the way they look and feel. They begin to comprehend that staying active as you get older gives you more energy and helps to stave off illness. Nowadays we are offered a wide range of sport facilities to achieve general fitness.

From my own experience I can say that some of my friends are simply hooked on aerobics, shaping, stretching and bodybuilding. I must admit that a professional sportsman is always a pleasure to look at: he doesn't smoke or drink alcohol, he keeps to a healthy diet avoiding junk food and always takes regular hours.

Absolute beginners should start with some basic mobility exercises to get them moving. All sports should be made a part of a weekly routine. Regularity and moderation are two basic rules. However, we shouldn't forget that it might be appropriate to get the doctor's approval before. In fact everybody chooses an activity that appeals more to him.

From my point of view, swimming is an excellent exercise. It doesn't strain the muscles as the water supports the body weight. It also helps flexibility, stamina, and heart and lung capability. Cycling is wonderful for balance. In fact you can practice it both indoors and outdoor on a stationary bike.

Yoga is also an ideal option. It's mostly due to the fact that both your body and your mind benefit from yoga classes, as it tones the muscles and relieves tension.

I would also like to draw your attention to the fact – that recent research shows that just an hour's brisk walk every day maintains perfect fitness and wards off such diseases as asthma, arthritis, back aches and insomnia.

As a teenager I'd say that the greatest way to combine pleasure and fitness is dancing. Pretty much like jogging or hiking it is one of the best ways to boost heart , muscles and lungs. It improves self-control and coordination. Doctors say that a twenty minutes session will give the heart a safe level of protection.

So all these exercises combined with healthy will inevitably provide a person with a health body and a peace of mind

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