

1. You can damage your body when you make sport incorrectly.
2. I really respect those great Sportsman for their great performances, on the other hand I also understand how much hard work and many and many hours of training, tough work and failures it costs.
3. Sport can be healthy and can be useful for our life but we can do it with reason and with sense.
4. ...i must to say, that sport isn't for everyone
5. Psychic side is more over important...
6. ...normal people, who wants to help
7. ...energy whitch we need
8. ... sport is good for our healthy
9. Therefore is very important for everyone wher want to start with training
10. I do sports all my life...