

Why Play Sports?

Sports are everywhere these days, its fun, passes the time and is also healthy. There is an extremely wide range of different sports available that there should be something for everyone, yet there are still a number of people who do not take part in sports on a regular basis. The government talks about obesity in children and blames it on how children these days do not play enough sports and that they sit around playing computer games instead, ok so this is a fair comment, and it is almost true. However lack of sport playing is not the only reason for this but we must move away from the subject of obesity as this is an article about why we should play sports.

Technology amongst other things has become easy stimulation for children everywhere; itâ€™s even become so bad that for some parents or guardians it may see like a real struggle to tear your child away from all the technology around them. As a parent you should want to make sure that your child is getting the best from their childhood so that they benefit from being young.

With all the technological advances showing kids today why its good to stay indoors the best bet for you to do is to show them that being outside can and will be just as fun and beneficial. By getting them to play sports you will not only just be helping them out to get the activities that their body requires, but you will also be helping them to keep the value of staying in shape when they are older. Lack of sports and excursive is making it more common for children to grow up overweight or obese from a young as 5, itâ€™s even becoming more serious as the number of children having problems like type two diabetes and asthma is increasing.

The age of your child is irrelevant, some physical activity is something a child should get every day, it doesnâ€™t necessarily have to be anything too vigorous just something to get them moving and away from technology stimulation such as television or internet. Just thirty minutes a day of activities will prevent the health problems that seem to be increasing when children grow up. This also makes them less secluded as they are with friends and chances are they will make more friends.

If you want your child to stay healthy and be as healthy as possible then it is extremely important that you make sure you child plays sports, it will help prevent and cut down the risk of complications to their health starting from obesity to more severe problems.

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