

The Effects of Being an Athlete

Practicing a sport is much more than the sole act of pushing your body through exhaustion or using your skills to reach your goal. There are many effects that show after you get involved in a sport: physical, human, and social.

The first major effect of practicing a sport is that you will develop physical abilities. Your body will be in better shape, and you'll be able to achieve things that physically you couldn't accomplish before. For instance, your speed, muscular mass, stamina, lung capacity, and elasticity will all increase enormously. By exercising on a regular basis, your body will be healthier, which means fewer diseases and fewer injuries. People with a healthy life tend to live longer and happier.

The second effect has to do with your personal life. Yes, sports will get very deep into your life. Practicing a sport requires some time, so you will be entertained for a while everyday instead of watching television or surfing on the internet. By practicing a sport you'll get the chance to travel to new places where meets are held. And that's not all because once you enter a better level of competition; you may compete in national or international meets, attract sponsors, and even make a profit out of it!

Most important is the effect that practicing a sport causes on you as a person, your social side. You will meet a lot of people in the business, from beginners to professionals; however, only a small group of individuals will become your friends to the point of turning into your second family. That is having a team. As an athlete you will develop a strong character and a competitive spirit. Besides, you'll become more disciplined and responsible, which will certainly help you in your professional life.

The effects of being an athlete shape your body, your life, and your mind in good ways. Practicing a sport keeps you entertained and far away from boredom. In addition, you will have the chance to experience the amazing feeling of beating all your opponents down from the quarterfinals or crossing the finish line ahead of everyone else.

Source: <http://eslbee.com>