

***Project on the topic "My  
favourite sportsman"***

*group 71106*

*Alexander Melnikov*

# Relevance

*In the present posture of children curves in connection with long sitting in front of a computer playing games. From a very early age, children should do sports*



I love sports. I especially like tennis, volleyball, basketball, and cross country skiing. However, my favorite sport is rowing. I like to watch the dynamic of the race, and yourself immersed in the atmosphere of pain and euphoria





*I know a lot of great rowers . Among them, Mach Drysdale, Ondřej Synek, Steve Redgrave, Hamish Bond, Eric Murray, but most of all I like two brothers, Martin and Valent Sinkovich. I like the way they behave during a race, sometimes I think that they are invincible because they do not give the opponents to approach them.*



*In 2006, Sinkovich together with Damir Martin won the silver medal at Junior world Championships in the pairs of pairs. In 2008, Valens, together with his younger brother Martin reached the finals of the adult European championship in twos doubles and won 5-th place. At the world championship 2009 brothers Sinkovic composed of four pairs of 4-mi.*



*At the world championship 2013, Sinkovich part of the quadruple sculls for the second time in his career won the gold medal. In 2014, the world championship of valent and Martin first came in twos pairs in the world championship. Following the results of competitions of the Croatian rowers by a wide margin became the winners of the final race. At the world championship in 2015, the brothers Sinkovic defended the title in two, becoming three-times world Champions.*

# How rowing improves health

- Rowing improves metabolism, and with it, the digestive and excretory systems, as well as the endocrine responsible for hormonal balance of the body. Affects the nervous system. Stabilizes the emotional state, relieves stress. The advantage of rowing, of course, is fresh air and absolute "dustless" environment, which is also achieved at swimming lessons and skiing
- To such conclusion the international research team studied exactly how the football affects the health.

# Healthy body, healthy spirit

- Sport makes us healthier, slimmer and more attractive is the fact. But his useful impact on our life does not end.
- In fact, even the desire to play sports — this is the first step to a better life. This determination and desire to go forward that will work in other areas. In addition, discipline and good habits that you acquire during the training process will be reflected in your achievements, at work and even in personal relationships.



***Thank you for your  
attention!***