

## **Sport and Health**

Active exercise is the key to improving our physical and mental health. Therefore, in many public places across Vietnam, such as flower gardens and city parks, sports equipment has been installed to serve the people.

[www.englishtreasure.asia](http://www.englishtreasure.asia)

Every morning and afternoon, people gather to participate in physical exercise and sports, such as jogging, athletics, yoga, dancing, cycling, volleyball, gymnastics, badminton, and aerobics. According to Australian scientists, every adult should participate in physical activities for at least 30 minutes each day on most days of the week.

[youtube.com/EnglishTreasure](https://youtube.com/EnglishTreasure)

Physical exercise not only benefits physical health, but is also very effective for mental health. It helps to improve memory and cognition, stimulates the growth of brain cells, and slows down the aging process. It also helps to maintain a youthful and healthy appearance, helps to improve one's body shape, and helps the body to sleep better. American scientists have shown that physical training improves the performance of the immune system, thereby increasing resistance to disease.

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How often should you exercise?

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What benefits does exercise have?

What ways do you like to exercise?