



## Sports and Health at Girl's Schools in Riyadh, Saudi Arabia

By Taif Alnojaidi

LAP Lambert Academic Publishing Apr 2017, 2017. Taschenbuch. Condition: Neu. Neuware - For a long time, sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. As a matter of fact, playing sports teaches life lessons like discipline, responsibility, self-confidence, accountability, and teamwork. Sport is definitely one of the greatest things man has ever created. It is considered that both sports and strength are two sides of the coin. It is true that a person involved in the sports activities get more strength than the normal person without any physical exercise. Playing sports help in strengthening the immune system, maintaining physical coordination, enhancing body strength and improving mental power. Exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better-developed problem solving skills. In short, playing sports helps the brain grow and makes it work better. Sport is a powerful tool that breaks down all the barriers and helps the persons feel good about themselves, both physically and mentally. Sport is quite beneficial for children too. 56 pp. Englisch.



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