Sport

Sport plays an important part in the life of people . Our Health depends on

physical state of the body .There are a lot of different ways to be healthy.

One of them is Sport .Today fit clubs sport gyms are everywhere.

Sport helps to protect us from illnesses . Some people do sport as a hobby.

It is important to go in for sport from the childhood . There are various kinds of sport The **aikido** is the most harmonious kind of sport in Kazakhstan.

**Kazaksha – kuresa**

Has become now one of the most promising kinds of wrestling .Other sport

Is **BAIGA** – competition for short distances ( from 1200 m) .Many people like to play sport games .Football is popular , also basketball. Sports are important

In human life. It gives us the forse long life .Sport is like a tradition .Every country

has the sport