

Importance of Sports: Expository essay

Outline:

1. Introduction

1.1 Hook

1.2 General Statement

1.3 Thesis Statement: Sports play very important role in our lives by sports improving our physical and Mental Health. It provides many social benefits that enhances our quality of life.

2. Main Body

2.1 Improve Physical Health

2.1.1 Strengthen muscles and body Joint

2.1.2 Reduce Body fat

2.1.3 Lower Blood Pressure

2.1.4 Improve Cardiovascular activities

2.2 Improve mental Health

2.2.1 Reduces stress and depression

2.2.2 Increases Problem solving skills

2.2.3 Enhances decision making skills

2.2.4 Enhances focus and concentration

2.3 Imp Social Benefits

2.3.1 Build Teamwork

2.3.2 Source of Entertainment

2.3.3 Cultural representation

2.3.4 Develop friendship relation between coach and Team