

# 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 enhance 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~~

relations at different levels

Add more arguments