I am Alison and I am not very fond of sports. I am a bit plump and it is difficult for me to run and jump. I don’t like to compete, but I like to watch sports on TV. Best of all I like watching figure skating. I sometimes go skating myself.

I am Peter. Sport plays a great role in my life. I love every kind of sports – football, hockey, volleyball and basketball. I also play chess and I love to play football. I go to our local football club every spare minute and my dream is to become a football player. I also watch football on TV a lot.

I am Ann. I am not crazy about sports, but I think it is very important to keep in good form and stay healthy. I want to become a model, so I take great care about my body. I go jogging every day and I attend fitness room three times a week. When I have time, I also attend classes of aerobics, but they are quite expensive, so I can't go as often as I want.

My name is Alex. I don’t understand people who think only about sports and physical perfection of their body or watch others doing the same on TV. Such people miss out a lot in their lives. It is much more fun to train brains. In the modern world people do not need muscles. Difficult things can be done by machines. I am happy sitting on my sofa with a book or in front of the computer.

*healthy food*

*doing sports*

*unhealthy food*

*play computer long time*

*take care of your health*

*have a medical check every year*

*eat cakes and sweets every day*

*walk*

*be active*

*watch TV long time*