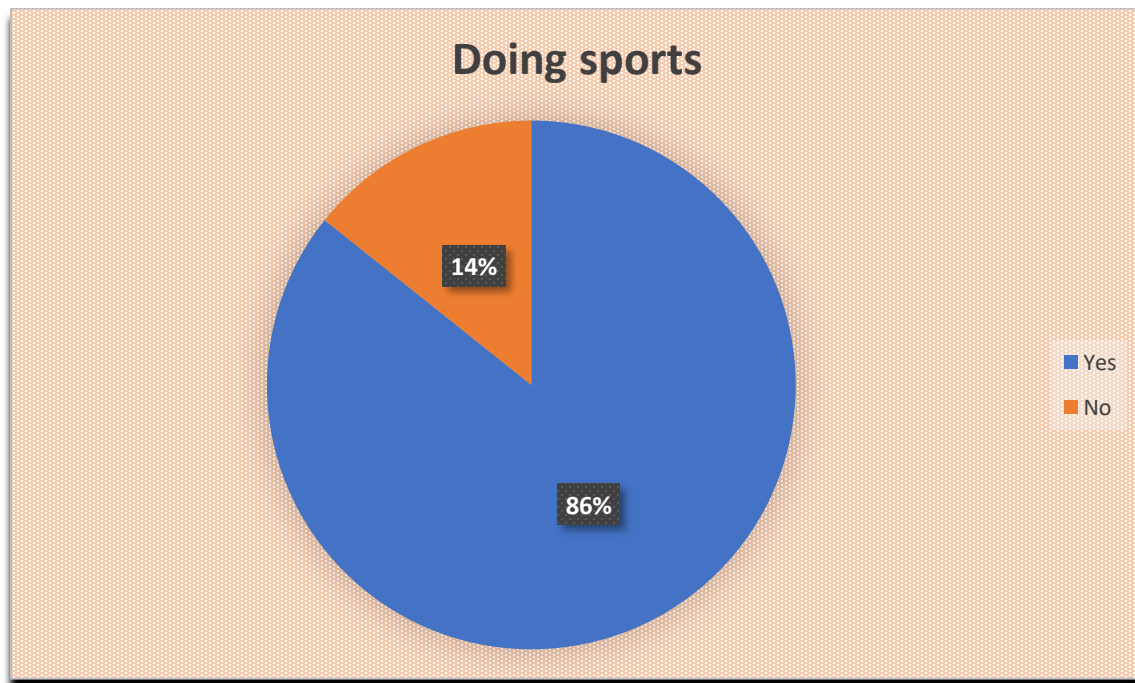
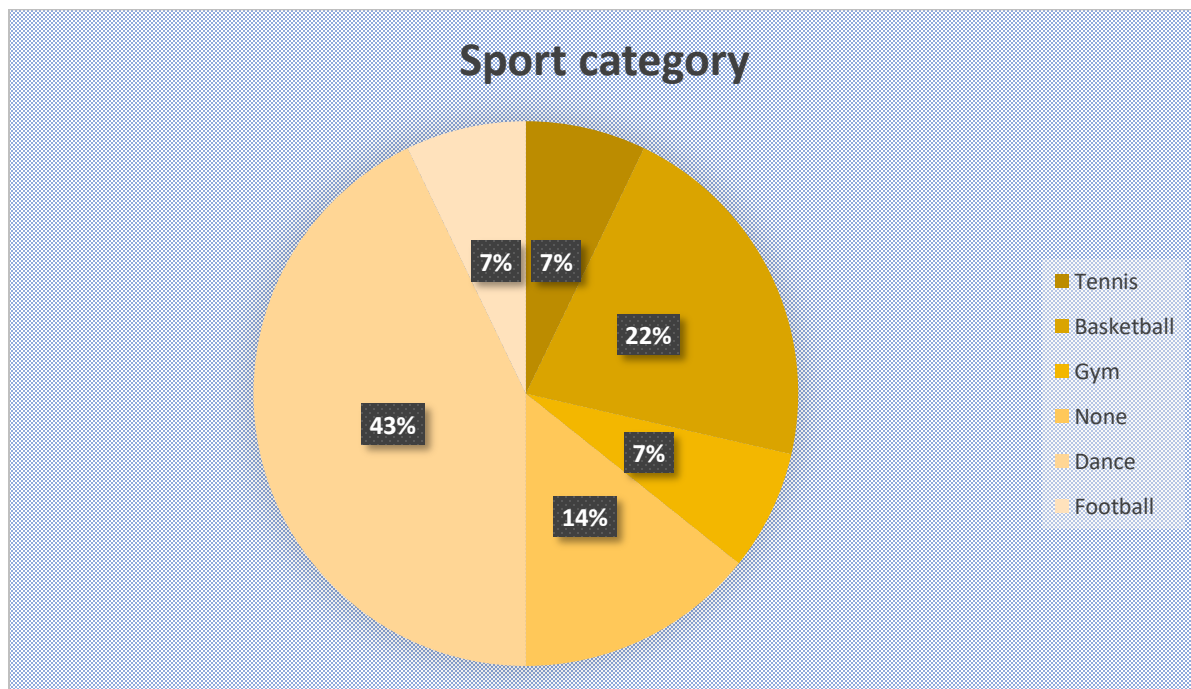


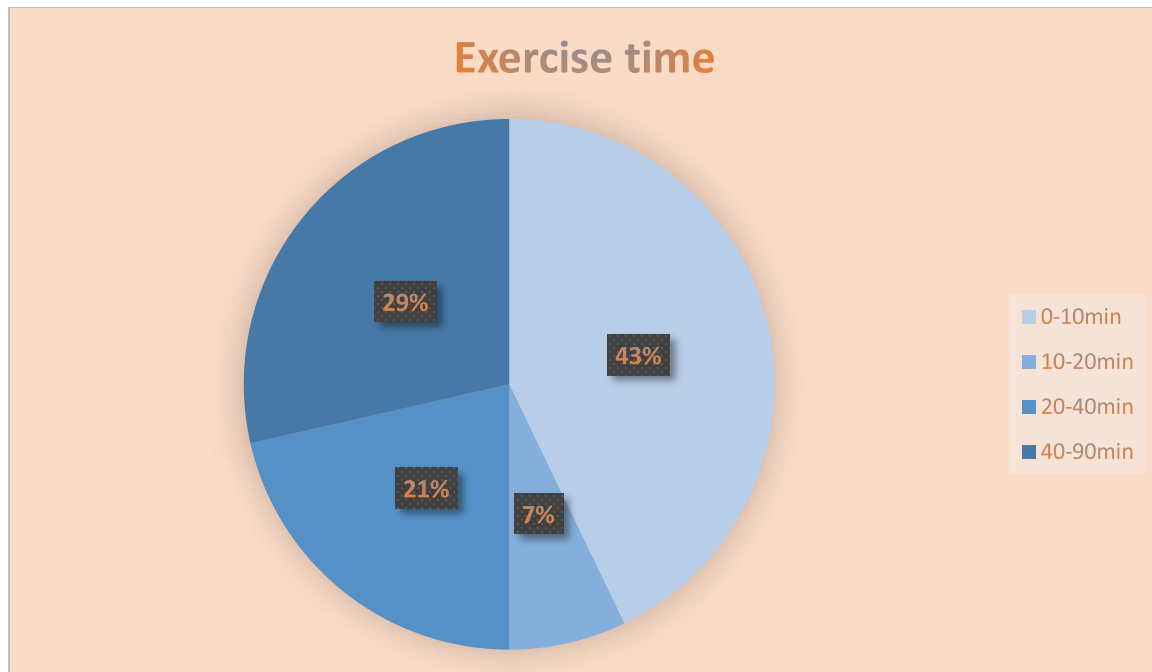
Class experiment



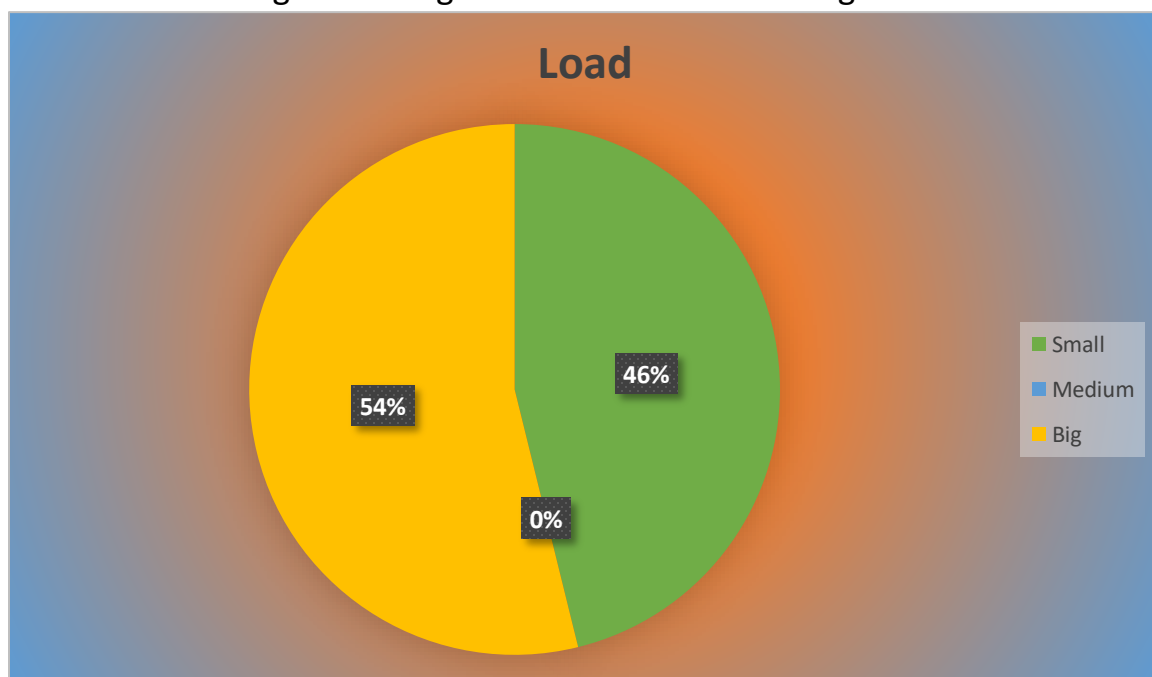
More than a half are doing sports. a few people aren't working out.



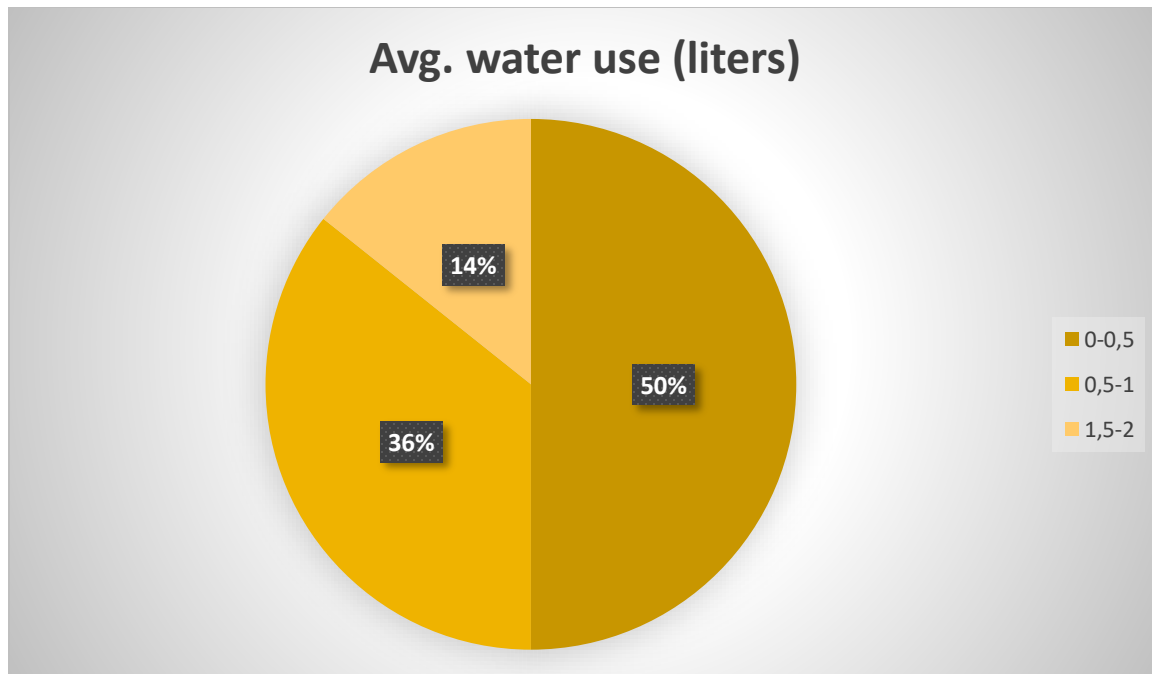
Almost a half are dancing, 22% are playing basketball, 14% doesn't do anything and 21% do other sports.



43% are exercising not enough other 57% are exercising well.



More than a half load is to big and other 46% load is to small. To big load is not good for your body if you don't take a good balanced diet. To small load also is not good for your body. You may have heart disease, high blood pressure, poor posture, overweight. You may also lose your motivation and energy.



Half aren't drinking or not drinking enough. Other 36% is drinking half less than normal human needs while exercising and 14% are drinking enough water while doing sports.

Analysis

I asked 14 classmates about them doing sports. 14% aren't working out. 43% aren't exercising enough. More than half have too big a load and half of people aren't drinking enough water while doing sports. Those problems are not good. Especially when you are young and your body needs to grow. Doing exercise and giving your body some physical load is good for your body. If you need any sport or diet plan you can find a professional trainer who will make a plan for your body and your habits and routines. Take care of your body and live a long healthy life.

Person who interviewed is Nojus Klimašauskas from 8B of Šilutės Pamario pagrindinės mokyklos.