

Some of the many benefits of sport participation for teenagers include:

- We won't be fat and will have better immunity
- Sport is a part of a healthy lifestyle
- One of the reasons is that the physical, but also mental side will improve
- Exercise is healthy for the body, after exercise a person feels better than sitting at the TV,
- I think we should exercise because it's good for our health and everyone needs to relax somehow
- Because exercise is important for keeping ourselves fit
- In order to feel better and have healthier lifestyle
- In order to have good conditions, to feel fine and healthy
- In order to rest, and maybe even have higher self confidence.
- Exercise helps relieve stress, thanks to it we are more productive, it is a healthy lifestyle
- To be healthier and to improve our immunity and cardio
- In order to have condition, don't be obese, also with working out we can relax our mind and we don't have to think about anything else
- For health and if we try, then the body can reward us with better figure
- You breathe better and you have more energy for other activities.
- For better body, in order to eat more and not gain weight.
- To be fit and to be healthy, to prove something in life
- To do not feel lazy and tired, to do not gain weight and to do not hurt our health and support immunity
- For staying in shape and for better condition
- It's good for physical and mental health
- So we can be pretty
- Healthy lifestyle and self development
- For better feelings and satisfaction
- For better condition, extension of lung capacity
- Prevention of diseases in old age.
- To feel good, be healthy, had a good figure and had less health problems in old age
- For psychical health and better self confidence
- To impress on women