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## IMPORTANCE OF SPORTS AND RECREATION IN OUR LIFE

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**Summary.** *The article deals with the significance of sports and recreational activities in the life of an individual. It explores a range of advantages and effects of sports and recreation on people's life in a variety of ways, as well as emphasizes the necessity of implementing regular physical activity into one's way of life for maintaining a healthy lifestyle throughout the lifespan.*

**Keywords:** *recreation, sports, outdoor activities, advantages, healthy lifestyle.*

Sport is part of our life today and it is becoming more and more popular every day. New fitness clubs pop up everywhere. Previously, people used to garden more and do other kinds of physical work. Now we prefer to sweat in a gym rather than in the country. There is a famous saying "All work and no play makes Jack a dull boy". Since our childhood, our parents encourage us to go out and play. This is because they know the value of sports in our life. A healthy mind resides only in a healthy body. Hence, it is very important for us to be physically active, so that we are not only strong physically but also mentally.

Engaging in recreational activities positively influences person's attitude toward maintaining a healthy lifestyle. Individuals benefit from enhanced the retention rates and boost their well-being. Due to the complexities of the current society and the way of living, young people nowadays are weaker than their older generations, both physically and emotionally. This is reflected in their physical, emotional and mental health as well as their behaviour and development, which necessitates conferring on recreation the greater importance. Recreation has a range of advantages and effects on an individual's life in a variety of beneficial ways. Some of the most popular leisure activities give wide-ranging benefits, from effective stress management to social engagement.

Considering the actuality of the topic and despite much attention being paid to various issues of physical education and sports [4; 5; 6; 7; 8; 9; 10; 11; 12], there is still a necessity of a more detailed focus on the importance of sports and recreation in our life, thus becoming the aim of the study.

Sports, in any form, is good for us, as it teaches us self-confidence. Sports trains us to stay positive even if we lose, and teaches us to be a team player. When you

play as a team, it becomes everyone's responsibility to play their part and help each other, only then you can win. Sports teaches discipline – any sportsman's life is an example of always being a disciplined one with respect to his exercise, food, sleep, etc. The benefits of sports are countless. In today's world, where there is so much stress, sports can work like a medicine. Therefore, sports is important for a healthy mind and a healthy body.

There is widespread knowledge and a body of evidence-based research on the importance of physical activity especially for physical and mental health and well-being [1]. Sport is generally understood to include physical activities that go beyond being competitive. All forms of physical activity contribute to physical fitness, mental well-being, and social interaction. These include play; recreation; organized or competitive sport or games.

The Oxford English Dictionary has defined sport as an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment [2]. Sport is also an important enabler of sustainable development; we recognize the growing contribution of sport in the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives [3].

Differing from sport, outdoor recreation focuses on non-competitive activities. Outdoor recreation occurs in the natural and cultural landscape to gain well-being and nature experiences without an involvement of competition. More broadly, outdoor recreation refers to activities that people undertake outdoors in places where they can access nature or green areas, both in urban or rural environments, mainly as part of their daily or weekend routines.

Besides the health improving effects of physical activity, outdoor sports are also associated with social advantages including the intra- and interpersonal growth for young people, and active citizenship, as they afford numerous unique opportunities within the natural and social surroundings. They connect individuals with nature, with other people and with themselves, and so achieve a variety of positive effects all together.

Outdoor sports are also linked to the positive influence and better control of affective states and coping strategies. This refers to personal control, better understanding of one's own well-being, enhanced self-regulation, or a better stress management. Improved coping strategies and enhanced self-regulation are likewise common among the teenagers suffering from attention deficit or hyperactivity disorder. Outdoor sports may not only prevent mental illnesses, they are also used in the treatment of the diseases like Alzheimer's disease, dementia, or major depressive disorders.

Moreover, physical activities and sports in the natural environment are also used as a healing means for people with specific needs such as children with disabilities, persons with incapacities after serious traumas, disorderly adolescents, dementia patients and even drug addicts. Recreation is efficiently used to effectively motivate inactive people in supporting healthy lifestyles forming their positive attitudes towards physical activity. As outdoor sports are linked to lifelong activity

habits, they can cultivate sport devotion for a lifetime and help people choose and keep up a physically active lifestyle.

Recreational sports or activities should become a part of your everyday life. Therefore, they must be enjoyable and entertaining, and it is important to choose a good recreational sport option. It is not a good idea to choose a sport simply because your friends like it. Choose something you like or want to learn so you can engage in it frequently and with pleasure. You can also select an activity affiliated with your goals. For instance, if you want to lose or gain weight or just keep fit, think through choosing an activity that relates to this goal. It can be joining a yoga or dance class or a visiting a gym.

Choosing a recreational sport while studying also depends on how much time you have for it. Some are more time-consuming than others. Additionally, you can engage in some of them indoors while others need you to go outside. Having sufficient time to devote to a recreational sport is important to master it correctly. Do not try to fit one inside a busy schedule. Instead, plan your time, so it does not interfere with your work or study time.

Some activities require the participation of more than one individual. On the other hand, you can pursue some sports individually. Choose a sport in line with what your schedule allows. If it does not allow for group participation, pick a sport you can indulge in alone. Jogging, biking, running, and swimming are some great examples. As a kind of recreational therapy, they promote relaxation and improve the capacity to focus. This may also help create a deep awareness of your body's needs. Thus, such forms of recreational activities empower individuals to take positive steps toward their health.

Making recreational activities or sports a part of your life results in all-rounded development. It keeps you fit, builds communication skills and boosts your self-confidence. So, do not miss opportunities to engage in physical activities that you like. There are both various apps and videos online to get started, as well as different classes for joining to become more familiar with the practice and advance in it. No matter your preferences and interests, there is always a kind of sports or recreational activities, which can make your life more enjoyable.

All of us are unique, and this is the reason why our interests are different. Once we find a sport or recreation we are passionate about, we can explore that activity more. When you get captivated, you realize that your hobby sport or recreation has become an integral part of your life. Having a recreational activity that we enjoy brings us pleasure and refreshment, as well as helps us to manage our leisure and unplanned time more productively.

Summing up, it is possible to conclude that sports and recreation are closely connected with attaining manifold beneficial effects and helping people to develop and sustain a lifelong physical activity. Owing to the broad public availability of many recreational and outdoor activities, the obtained advantages are also accessible for all kinds of prospective participants. Indisputably, recreation and sports are the some of the greatest means to stay healthy and fit through the lifespan.

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