

Some people say that sport is very important for a nation's development, while others believe that sport is no more than a leisure time activity.

Discuss both views and give your own opinion.

Some opine that the more people take part in sports, the more developed nations we have. Others, however, firmly believe that leisure pursuits have vital role in people's/ countries' development. Although both the former and the latter groups have their own reasons, from my point of view, both of them are essential for each person.

In spite of our hectic lifestyle that cause us a lot of unnecessary worry, we deserve some time to have a rest. Some of people spend their leisure time either with their friends or families. this way contributes to boost their self-confidence, especially in their young aged. To put it simply, not only do they overcome their shyness, but also they are interested in participating in voluntary work. moreover, gathering in a group helps people develop social skills. As a matter of fact, social activities have a major influence on our social interactions. Other than that, in this rapidly changing world, it is incumbent in us to broaden our knowledge by reading various kinds of books and also watching documentaries.

On the other hand, nowadays sedentary lifestyle has obliged us to do exercise, whether you like it or not, Due to the harmful effect of lack of movement. Besides, experts recently have claimed that most of serious diseases have been rooted in this method of life, and also have said that most mentally and physically problems have healed by regular exercise. In addition, exercising increase endorphin levels in the blood, people have a sense of relief. However busy you are, you need to take part in a sport.

To some up, it is needless to say that both **doing** exercise and have leisure activities are beneficial for people and it completely depends on people's mood.