Sport in my life.

Sport is very important in our life. The general belief is that a person who goes in for sports can’t be weak and ill. Physically inactive people get old earlier that those, who find time for sport activity. And of course good health is better than good medicine.

People all over the world are fond of sports and games. In our country sport is being widely popularized as well. The most popular kinds of sport are football, volleyball, basketball, tennis, figure-skating, aerobics, ping-pong and swimming. A lot of people are fond of jogging. In schools and colleges sport is a compulsory subject. Many young people attend sport sections. Some of them dream to become professional sportsmen.

As for me, I can’t imagine my life without sport. In summer I go jogging every morning and when I have free time I attend swimming pool. In winter I like to skate with my friends. It’s fun. Also I’m fond of aerobics. First of all aerobics helps to keep myself fit. It also attracts me because it resembles dancing.

In conclusion I’d like to say that I’m absolutely sure that doing sports is the best way to keep fit. Sport makes our bodies strong, it prevents us from getting too fat, and makes us more self-organized and better disciplined.

**Sports in Russia.**

Sport has always been popular in our country. There are different sporting societies and clubs in Russia. Many of them take part in different international tournaments and are known all over the world. A great number of world records have been set by Russian sportsmen: gymnasts, weightlifters, tennis players, swimmers, figure skaters, runners, high jumpers. Our sportsmen take part in the Olympic Games and always win a lot of gold, silver and bronze medals.

Millions of people watch figure skating competitions, hockey and football matches, car races, tennis tournaments and other sports events. Certainly watching sports events and going in for sports are two different things.

In the past it was never admitted that professional sport existed in our country. The official point of view was that our sport was totally amateur. Now everybody knows that sport can be a profession and a business.

But sport can be fun as well. Besides, it helps to stay in good shape, to keep fit and to be healthy.

Doing sports is becoming more and more popular. Some people do it occasionally — swimming in summer, skiing or skating in winter — but many people go in for sports on a more regular basis. They try to find time to go to a swimming pool or a gym at least once a week for aerobics or yoga classes, body building or just work-out on a treadmill. Some people jog every morning, some play tennis.

For those who can afford it there are clubs where they give lessons of scuba diving or riding. In spring and summer young people put on their rollerskates and skate in the streets and parks.

Places of Interest in Moscow

Moscow is the biggest city of Russia and its capital. The city is situated on the Moskva River and was found more than 800 years ago. Nowadays, Moscow is one of the most beautiful cities in the world. It houses many attractive parks and squares, great architectural wonders and countless places of interest. Special attention is always put to the city center, as there are the most famous sights. Among them, the outstanding Kremlin and the Red Square, the Bolshoi and the Maly Theaters, Saint Basil's Cathedral, the Historical Museum, the Armoury Chamber and many others. Moscow is not only the official capital of Russia, it’s also considered to be the cultural, educational, industrial and scientific center of the country. That’s why, the largest and most important museums, galleries, opera houses, universities, companies, research centers are all situated there. The best place for art lovers in Moscow is the Tretyakov State Gallery, which holds a large collection of Russian fine art. Another interesting collection of paintings and sculptures is held in the Pushkin Museum of Fine Arts. In the very heart of the capital one can find the Historical Museum and the Armoury chamber. Both these museums can tell more about Russian history than any other place. One of the newest and most famous religious sights in Moscow is The Cathedral of Christ the Saviour. It’s situated on the bank of the Moskva River and is known as the tallest Orthodox church in the world. The view of Christ the Saviour’s Cathedral strikes imagination with its grandeur and magnificence. Other than that, Moscow has a great number of famous parks, squares, theaters, monuments, streets and concert halls. Undoubtedly, Moscow is a very special city.