**Do you agree or disagree with the following statement?**

**Sports teach people lessons about life.**

In the modern era, it is no secret that sports are considered as one of the inseparable factors in every individuals’ life. Due to popularity of different sports including football, volleyball, swimming, tennis, etc., investigation of their effect on people’s life have been always paramount. Also, sport is a lucrative activity for personal health care if someone does it. A controversial question which is often raised regarding this issue is whether doing an exercise teaches people lessons about life or not. Some people are inclined towards the idea that sports waste the time without any benefits, whereas others hold the exact opposite view. I, despite the general consensus, contend that sports can vastly provide invaluable lessons for life. In what follows, I will aptly elucidate my viewpoint.

The first exquisite point to be mentioned is that sport would highly improve one’s perseverance and patience. Indeed, sport remembers that nothing can deflect us from achieving our purposes in life. Without shadow of doubt, a professional sport requires more efforts in a long period of time. In addition, a person who does exercise continuously is more realistic than the one who do not, because an athlete knows that he/she would not always win in a competition. Indeed, the packages of perseverance, patience, and persistence in our life will lead us into the goals and these are all the lessons that sports can teach us.

Another equally noteworthy point supporting my opinion is mental aspects of sports in which individuals build up a good rapport with each other through doing exercise. On the other hand, sports can strengthen our social relationships in friendly ways and football is a good example to understand it. It is worth considering that not only sports can cushion us against negative mental dangers including depression, tiredness, instability, but also it can improve teamwork and creativity characteristics of each person. Take a personal experience as an example, there was a time that I stopped my professional sport field because of my studies and research programs at university and due to that I had no relations with my friends in our football team which resulting in loneliness and depression. Had I played a football in my time, I would have spent that time more comfortable and without pressure.

In brief, all the aforementioned reasons indicate that sport can increase patience and perseverance to reach goals and it also eliminates negative mental effects of individuals in their personal life. In addition, sports improve teamwork, tolerance of losing, attitudes, and so on. Consequently, it is highly recommended that sports can teach people lessons about life.

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