

# Healthy lifestyles with sports.

A healthy lifestyles and sport improve both physical and mental health.

Aerobic sports such as jogging, swimming, cycling, walking, dancing reduce anxiety and depression. It is believed that this due to changes in blood supply to the brain and hormonal balance due to physical activity

***Star player; Cristiano Ronaldo.***

1- *Cristiano Ronaldo's* full name is Cristiano Ronaldo dos Santos Aveiro. He was born 5th February 1985 in Madeira, Portugal. He's 1 metre 85 centimetres tall. He's slim and he's got short dark hair and brown eyes.

2- Ronaldo first played football when he was three years old, and he turned professional when he only ten . He played for Sporting in Portugal and then Manchester United. In 2009, he moved to Real Madrid in Spain. He's also in the Portuguese national team.

3- Ronaldo won his first big trophy with Manchester United in 2007, when they were English Premier League champions. He also won the Club World Cup with Manchester United in 2008.



## ***Maria Sharapova.***

Maria Sharapova was born on 19th April 1987 in Russia. She's 1 metre 88 centimetres tall. She turned professional in 2001. Maria won her first big trophy in Wimbledon Championship 2004.



