

The Benefits Of Sports And The Dangers Of Drugs

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Recently, there has been news saying that athletes take drugs to improve their performance on the track and field or in any other kinds of sports competitions. We all know that sports are good for our health, whereas drugs endanger us. However, why do people still take drugs in these instances? What causes drug abuse?

The benefits of sports can be classified into three aspects: physical, social and personal: Physically, the main advantage of taking part in sports regularly is to improve your health, fitness, and the coordination of different parts of the body. It can also strengthen your defense mechanism against diseases such as heart disease, cancer, diabetes, and high blood pressure. Moreover, by doing exercise regularly, it reinforces one's respiratory and digestive systems, strengthens the body's resistance to diseases and leads to a longer life. Moreover, sports helps us to lose weight and lower the body's cholesterol level. Not only does it give you a beautiful appearance, but also maintains muscle and bone health. Most importantly, the benefits of participating in sports activities are to reduce or maintain your body weight and pave the way to a healthy lifestyle.

Socially, you can develop communication, organization and interpersonal skills through playing sports. It is obvious that you will learn to be confident of communicating with others like your teammates. On one hand, you can develop leadership and cooperation skills. On the other hand, playing sports increases your sense of responsibility and help you develop courage to face difficulties. Lastly, you will find yourselves fortunate enough to create lasting friendships.

Personally, fun can be gained from sports to release you from great stress and pressure. One can learn to be self-disciplined, have commitment and take responsibility. Participating in some kinds of sports somehow helps to improve self-esteem, and the ability to concentrate in school or at work. Sports are beneficial to you. Consequently, athletes are less likely to take drugs.

Drugs such as cocaine and caffeine endanger our health and lives, not only physically but also emotionally. Physically, drug abuse will damage one's health. This can be shown by an unhealthy appearance like pale lips and skin, bloodshot eyes, depressed faces, weak bones and muscles. Taking drugs fre-

quently and repeatedly can weaken one's resistance to diseases, and this encourages infection and may cause death easily as it discourages healthy body growth. On the other hand, there are many disadvantages of taking drugs in the emotional and personal aspects. The chemical reaction of taking drugs causes short term forgetfulness and damage to the brain. Thus, drug addicts have less motivation, energy, interest and self-discipline in work. Occasionally, their emotions fluctuate from extremely low to extremely high, from calm to aggressively angry, or from optimistic to pessimistic. For most of the time, they can hardly concentrate on work. Instead, they turn their attention towards troubles, money, and pressure. They seem to have an uncaring attitude. These lead to mental disorder, and they may even commit suicide. Besides, drug abuse may mean a waste of money due to a large consumption of drugs. They may have to borrow money from a loan shark and finally become in debt or even go bankrupt. Quarrels with family members and friends are aroused easily. Consequently, there will be loss of money, friends and family.

Drugs obviously should not be a part of sports, though it helps the athletes improve their performance in competitions. Sports are beneficial to us, while drugs endanger us. Although drugs help in improving athletes' performance, yet they are destructive. They damage people's health by increasing their heart beat rates, faintness and confusion in mind. On the other hand, participating in sports promotes a sense of cooperation and interpersonal communication, while drugs only lead to the loss of families, friends, and one's life. Drugs used in sports may bring short-lived satisfaction in oneself, but the price of taking drugs is high and the consequences are hard to bear. Undoubtedly, the main theme of sports competitions is to learn how to face difficulties, bear responsibilities, and become confident. Taking drugs in sports competitions is a kind of sin and runs contrary to this theme. Therefore, drugs should not be a part of sports.

To conclude, sports are beneficial to our lives while drugs put us at risk. We should take part in some kind of sports regularly and stay away from drugs. We can then maintain a healthy lifestyle.

Teacher's Feedback: Carmen is able to analyze the issue in a comprehensive way. The essay is well organized and presented. (Miss Lui Hoi Yee)

Food For Thought: Are the second and third paragraphs too long?