**MY ATTITUDE TO SPORTS**

Sports and games have always played an important role in my life and even now they are  my number one hobby. Since my early childhood I was keen on such sports as running, tennis, table tennis, and badminton. I used to play just for the sake of playing and it was great fun. I also learned to swim when I was very young. Since then swimming is my most favourite sport. When I was six I received my first bike from my parents and up to now I go cycling for long distances at least once a week. I used to go with my parents almost every winter to the mountains where I soon got a good opportunity to ski. My parents also took me skating when the lake was frozen over.

Later I became more interested in various ball games. I started to play football in a club and kept playing for 5 more years. We had practices three times a week and it always meant a lot of running so I finally gave up. Then it was volleyball and basketball that attracted me as I was growing taller and taller. Every Friday my friends and I had a volleyball session in one of the local gyms. In everyday life, though, I only sometimes do morning exercises, sometimes a few push-ups, sit-ups or knee-bends and from time to time I go jogging around the pond in the evenings. Although I never really got any prize or award in sports, I still like to do them just for fun. I also tried body building which has become fashionable at present but I haven't the patience and persistence to go to the fitness centre regularly. I almost forgot one game which gives me a lot of pleasure - chess. Although the number of games I've lost and won are in balance, I don't consider myself an extremely good player.

As watching sports, I love to go to see the matches of our ice-hockey team and besides that there is always something on TV like tennis tournaments or world championships in all kinds of sports and games.