

An Incomplete Life

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A salty bead of sweat commences its long journey down your rosy, red, cheek and a chilly shiver rushes down your snake like spine. Will you win the game? Not all kids have the thrill of playing a sport. More children around America should play sports. This will help to fix the obesity for kids all over America, help kids get socially involved, and will reward kids for their hard work. You know that you should definitely join a sport, but you don't want the wrath of your parent lecturing you on reasons why you shouldn't play a sport. Use the reasons here to win in your dreaded argument. (Try to ignore that look of defiance on your parents' face!)

Nobody denies, more children in America should play more sports because this will help fix obesity problems. I do gymnastics and I am going to start dance. I do this for fun, for strength, for flexibility, and to stay fit. My friend, Caiden, does rugby, soccer, field hockey, and lacrosse. You don't have to do as many sports as her, but if you don't do a sport, it is definitely a necessity. Children all over America are addicted to electronics such as; Xbox, Apple Products, Play Station (PS), phones, tablets, etc. Kids are sitting down all day because they just can't put the controller or screen down. This means that they're inside all day with out any time to go outside and run around. If you sit (or lay) down all day then you're not burning any calories. You're not getting any healthier! If the amount of calories you put into your body is more than the amount you burn, you will gain weight or vice versa. Don't sit down and eat all day, go outside and play! If you are involved in a sport then you don't have time to sit around *all day* and do nothing because you're in the middle of practice or a game. Don't think that you will be at practice or at a game 24/7, you will have extra time for sure! You won't have *all day* to sit around and play video games because your coach will probably want you to practice some of your new skills. On contrary, some people are just "not sports kids" or aren't athletic. There are thousands of sports to play and maybe you just haven't found "the one". Go do some research on things that you like to do and I bet you will find a sports related activity that involves what you like to do.

Alternatively, kids need to play more sports because it will help children get socially involved. If you spend all your time with face glued to a screen, you're

obviously not making any friends. People may argue that there is social media and you can text people and make online friends. You have never met them and they could be an old man trying to stalk you. If you're outside playing a sport, you will be face to face with other children and making true friends. Don't get me wrong, I think social media is a great thing! You definitely have to be careful of who you run into. Another thing that electronics can do is ruin relationships. When you're texting someone and you send them a picture of your shirt and say how does it look, they may say that it looks great. You on the other hand, think their being sarcastic and your grandma gave it to you and she just past away. Things just took a sharp turn down Chaos Avenue! This will never happen because you can hear the person's tone of voice and see their facial expressions. Electronics are definitely not bad, I love them! But, if your on it all day than that's something that you should talk to your parents about and maybe having a certain amount of time to be on it. Playing a sport will help make sure you are not inside all the time. Although activities are costly, you would rather spend a little money than have less friends! The amount of knowledge and fun you will have will be worth the money. You can always quit a sport if you don't like and try to find a sport that really suits you.

Nevertheless, kids around America should a sport because joining a sport will reward children for their hard work. Children go to school seven hours a day, five days a week, take tests weekly, and have to deal with mean teachers and friendship problems. Although being a parent is really nerve racking, being a kid isn't easy either. Playing a sport will be a stress reliever. Some fun time to merely equal out your amount of hard work and stress kids deal with. You can have an activity to look forward to through out the day and this will help kids stay happy and get through the day faster. For example, it's your third day of a state assigned test and you are *almost half way finished*. The tests will seem shorter if you have something fun and exciting to look forward to because you're not dwelling on the bad things that are happening, you're a glass half full, not half empty. Parents may argue that their children will not have enough time for their homework. To fix this problem, try making a schedule on when you have to go to your activity and when to do your homework. Also, don't let your activity interfere with your education or you may have to drop out because school is much more important than sports. If you drop out, your team mates will be upset because they may be short a

player and won't be able to play a proper game. If you haven't joined a sport yet,
GO DO IT NOW!!!

To conclude, more children around America should play sports because it will help fix the USA's obesity problems, help more kids get socially involved, and will reward children for their hard work. Go to your local sports center (or any sports place) and explore and try to find sports that will suit you perfectly. Beg your parents now or you might live being lonely, fat, and agitated! Live a happy life! You have the right to *life, liberty, and the pursuit of happiness*.