



# *Psychological Aspects of Sport!*



«Good health is  
a great blessing»



«A sound mind is in a sound body!»





# SPORT!

## What is it?



# Strong will

*Regularly engaged in physical activity...*



**Achieve important goals in life!**



**Achieve a high level  
of professional!**



**To succeed in public life!**



# Formation of character!



# Helps the formation of personality!



# Sports – the way to happiness!

**Work**

**Good Mood**

**Family**

***Enjoy the respect of others...***



**SPORT**

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**Control emotions**

**To be patient**

**Persistent**

**Courageous**



*Exercise*

*Hardening*

*Good hygiene regimen!*

*Restrictions on food*



**HEALTH**

*Recreation*



*Drugs don't can make people healthier!*





**IRINA MERLENI!**



**KLITCHKO BROTHERS!**



**ANNA BESSONOVA!**



**LILIYA PODKOPAYEVA!**

# 5 ways to wellbeing!

- COMMUNICATE
- BE ACTIVE
- PAY ATTENTION TO ALL
- LEARN TO
- GIVE TO

# Formula for success!

«Move more – live longer!»

*A smile on his face and*

*the kindness in his heart =*



**Thank you for your  
attention!**

