

Dear parents,

From the sports department of Institut Esteve Albert, we have been thinking about all the teenagers that don't do any sports, and we have decided to write you a letter to explain how important it is to do sport.

First of all, as you all should know, doing exercise is good for the health. Not only talking about physically health, also mental health. After practicing sport, most of people feel confident and proud of themselves. Teenagers specially, have a lot of pressure because of the exams and others school stuff, and if they do sport, at least one hour, then they'll be more relaxed and they'll concentrate better.

Doing sports also helps to be more ethical. At most sports, there are rules to follow and people to learn to play with, so that's applicable to real life for example when you have a job that you must work things in group. They also learn to accept the defeats.

At least, we wanted to say that if your son or daughter doesn't like any sport or they just feel too lazy to do it, we want to animate you too to do it with him, like go running, climbing, cycling, swimming, skiing, going to the gym and other exercises you can do together, that way, you will be closer to them and they will more comfortable. Hope you'll think about it.

Cordially,

The sports department.



JOIN US!

Doing sports is fundamental for our health!
Football, basketball, tennis, rhythmic gymnastics, yoga,
handbol, athletics... Lots of things to do!
Became a better person by taking care of your health 🏋️

