

Quiz: translate the following paragraph into Arabic:

Advantages of sports

Doing sports has a lot of advantages.

***First,** people who play sports are always healthy. They keep fit and have a good physical shape. **Therefore,** they do not suffer from any health problems.*

***In addition,** playing sports reduces very energetic and in a good mood. **Besides,** sportsmen are very disciplined and hardworking.*

***Thus,** they concentrate more in their daily work.*

