

## PARACHUTING

<p>you can impress your family and friends</p> <p>To prove that you are fearless / help to overcome fears</p> <p>relieve tension/ lower your levels of depression</p>	<p>make families worry about you</p> <p>Sometimes it happens that the parachute opens too late or doesn't open at all/ The chance of injury is very high.</p> <p>It's expensive.</p>
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## MOTOR RACING

<p>improve your mood/ feel joy and excitement/ intense feeling of freedom</p> <p>a sense of being one-with-the-machine</p> <p>improves your posture and strength</p> <p>As well as improving your posture and strength, it will boost your balance, too.</p> <p>It has a practical meaning.</p>	<p>Needs special knowledge, skills and equipment for training</p> <p>Takes a lot of time training</p> <p>It is quite expensive</p> <p>You may get a lot of injuries such as fractures to your limbs, dislocation of your bones and spinal injuries and simply can become an invalid (a bad injury or death is just a matter of time) The injuries are mostly lifelong and permanent.</p> <p>It can be tiring / If you are too tired or drained after a long day or week at work or school, then you will increase your risk of injuring yourself</p> <p>Depends on weather (season)/ Weather can be a major "Con"/ A fair-weather friend.</p> <p>Having to breath in the exhaust fumes of other motobikes</p>
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## TENNIS

<p>Involves an overall physical workout and mental strength</p> <p>Good for concentration, eye-coordination</p> <p>Improves resistance</p> <p>Develops fast reflexes, more flexibility and a higher overall speed</p> <p>Burns a lot of calories</p> <p>a great way to meet people, spend time with your friends, widen your social circles</p> <p>No matter your age or skill level, you can usually find a competitive match, join a league or participate in a group lesson with people who have a similar ability.</p>	<p>Pains in shoulders and elbows/The risk of injury is low</p> <p>Needs a special place for training</p> <p>Players must have the strength, agility and endurance to play long</p>
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