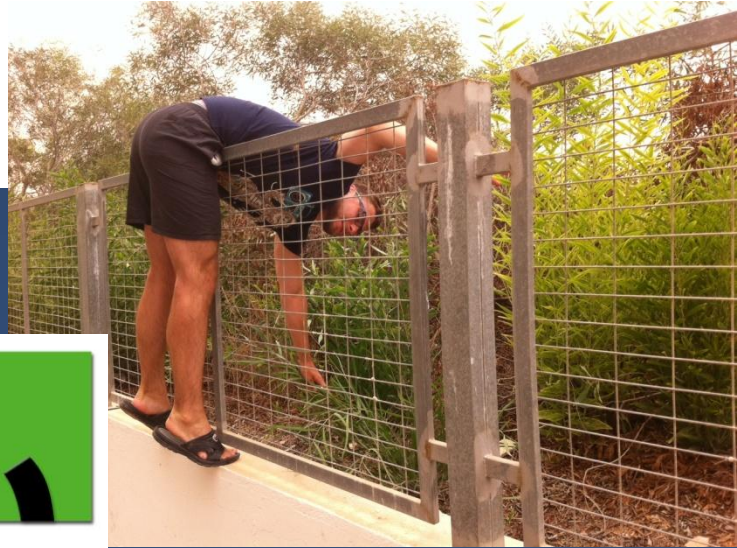




SPORT MAGAZINE



Quality! Not Quantity! Just.. Go out!!!

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Free sport – geocaching

◎ What is it?

- > Geocaching is worldwide treasure hunting game. You just have to go out and explore! At webpage <http://www.geocaching.com/> you can find information about every treasure approximate location and there is one hint. It could be hidden everywhere – under the rocks, into the trees, under the bridges, even in the water. Geocache can be in every shape, size and colour. It may be available in an area close to you! It's fun! And it's sporty, because you may even go on geocaching trips, that includes camping, mountain climbing, swimming etc.



- ◉ Where is it available?
 - > You will be absolutely surprised! It is available everywhere and every time. Maybe a geocache box is located close to Your house.

- ◉ Is it free?

- > It is completely free off charge. But there is one rule! If You find the geocache (mostly it's a box with paper, pen and some things inside), you may take one thing from the box, but you have to put one in. You also have to sign your name and time, when you find it on the paper, that is in the box.





◎ Experience

- > It is fun to play it! You can meet new people, who is also looking for geocaches, there's even a big community in every country for geocaching. It is very popular in many countries, for example, in Latvia there's around 4000 caches. In Poland there is more than 15 000 caches hidden around the country. In Ireland there's more than 8000 caches. Even here, in Cyprus there's around one thousand caches. Anyone can do it – take a map, get out there and explore. You won't be disappointed. You can mark approximate places in the map and search for caches. Or there's easier way – you take your phone, go into GPS, write in coordinates and you are ready to go. Every location is APPROXIMATE, for fun to look for them. I even saw the caches that are screwed INSIDE the rocks. It could be hanging in the tree. It could be buried in the sand. It may even be on the top of the mountain. Sizes are from small cardboard box to big boxes hidden in very unusual places. It's fun! Try it.



Daily health and sports

- We interviewed two different aged sportists, their thoughts about sports and health is somehow connected, but differs from one another. Let's see what they told us!

Interview with Claudio



Interview with Claudio

● **What is your daily routine?**

- > I don't really have a daily routine. I have a week routine. I train three times a week and then one match at the weekend. It's two and a half hours each training session and that's about it.

● **How much time do You think we need to exercise and what kind of?**

- > You can do it twice a week for anything from half an hour to two hours.

⦿ **What's the best time of the day to exercise?**

- In the morning. When you wake up you have more energy, so get out and do it. So you have the rest of the day to do anything else.

⦿ **What is more important to you – the diet or the exercise?**

- Both. Both are just as important, if you're not putting the work with the food then there's no point to exercise. You can eat anything, but not too much fattening food. If you eat too much fattening food, then you need to work twice as much to burn off the calories. If you eat clean, then all you do is exercise normally.

◎ Do you think bad habits affects your career and why?

- > If you have bad eating habits, then yes. That will affect your career, because you more than likely going to be overweight and obese, so you could develop heart problems from being obese. Smoking and drinking are both bad. Smoking is bad for your lungs, if you smoke you have bad lungs so you can't exercise as much as people that don't smoke. About drinking – if you don't do it too often, then it's not affecting you much.

- ① **What advice would you give to our readers for an active healthy life?**

If you want to exercise, just get out and do it. Don't stay at home and think why should I do that or why should I do that. Start running. Start walking. Start walking your dog or something. Start doing with something small and then gradually you build up your workout.

Interview with Keith

● **What is your daily routine?**

- My daily routine would be at least 40 minutes of exercise daily if I can.

● **How much time do you think we need to exercise and what kind of?**

- It is required at least 45 minutes, 5 days a week of vigorous training, no matter what kind of sports you do.

⦿ **What's the best time of the day to exercise?**

- It can depend on the person. I am more morning person. It could be also evening time, after work or something. For me it's harder to exercise at evening. The best time is to exercise at the morning, so you have energy from the exercise for the rest of the day.

⦿ **What is more important to you – the diet or the exercise?**

- Both. Both are needed. You need to have the right exercise and the diet. We need to diet, I don't count calories, too old for that (laughs), we need to avoid fatty foods, eat more fruits, vegetables.

⦿ **Do you think bad habits affects your career and why?**

- > Bad habits, yes, some people have bad habits also – tobacco, alcohol... These can affect you as you get older. Drinking – you don't hydrate properly. For smoking – your lungs will not perform to max. You can't breathe properly.

⦿ **What advice would you give for an active, healthy life?**

- > Don't smoke. Don't drink. Eat healthy. And exercise 45 minutes 5 days a week. 😊

Thanks for your attention! In the picture you can admire faces of the best SPORT MAGAZINE team.

