
Which sport do you play ?

Posted by harshads - 2008/02/19 12:10

I think everyone must play atleast a sport/game(outdoor) to keep your body fit.I play football with my friends when I get free time from my routine.:)

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Re:Which sport do you play ?

Posted by blackthinboy - 2008/02/19 12:15

I play badminton and football. You are right, we need to get any sport to be always fit and healthy. But if not play any sport jog also can.

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Re:Which sport do you play ?

Posted by bulletservice - 2008/02/19 12:21

Football is my favorite ;) This is very helpful for increasing metabolism. I play football daily for 25-30 minutes.

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Re:Which sport do you play ?

Posted by Fatburner1 - 2008/02/20 11:25

Well I play soccer as well. To me, the most exciting and fun way to stay fit is by playing soccer. It makes us jump, sprint and involves every part of our body.

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Re:Which sport do you play ?

Posted by nuaeman - 2008/02/21 03:24

Im play football and futsal before but now already retire my self from it. Anyway still do some exercise every weekend just to maintan my weight and health.

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Re:Which sport do you play ?

Posted by Jenson - 2008/02/21 06:22

I love playing tennis and I like swimming as well. Both works fine for me to stay in shape

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Re:Which sport do you play ?

Posted by anand1 - 2008/02/26 15:05

I play Badminton and Vollyball during weekends. As i got not much time to play but try hands in weekends only.

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