My Attitude to Sport

Sport creates part of my life since I was just a young boy. I’m 18, so I’m still young. When I was 6 years old, my father bought me my first bike. It was BMX, but it wasn’t that small like guys have nowadays. Than I had few more bikes and I ended with cycling year ago.

I had dislocated my shoulder several times, so I had to finish with this sport. Now I’m after surgery of my right shoulder and I can say that I never stopped to love my bike.

I was trying to practice Taekwon-do, gymnastics, but I can truly say, that cycling is my life, it is freedom, its style of life. And that’s the only sport I really loved and love.

Stanislav Hradela

Pros. of doing sports:

- drugs

- destroying of health

- losing energy

- not enough free time

- addiction to sport

- no social life

- not enough time to study

- expensive equip

- laziness

Cons. of doing sport:

- training memory

- win money

- successful

- women

- achievements

- lose weight

- mental health

- be fit