

## **Addicted to playing?**

Do you know there are many people who are addicted to playing video games? Can it be some kind of sport? Let me say something about how to get the balance right between life and gaming, including doing physical exercise!

Personally, I can't imagine my life without doing some sport or playing video games. I do exercise for a half hour every evening during the week when I don't have so much free time. It helps me to get rid of stress and also I feel happier. At the weekend I usually play video games which improve my brain .

Some people just say they'll start doing some sport sometimes but not now. But if they take up some, after a week they'll give up . They have only many excuses they don't have free time. But video games are being played all the time. Other people just say they don't like sports.

I'm concerned that definitely there is a sport for everybody, they just have to find what kind of sport entertain them. If somebody realise they start to be addicted to gaming because it's the only think they do, they will have to reduce it and start doing some physical activity and find the balance between gaming and sport.