

# Shineia's Sports Illustrated

HOW SPORT CHANGED MY LIFE



**GO  
FOR  
IT!**

**7 TIPS  
FOR A  
HEALTHIER  
LIFE**



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## **7 Tips to Live a Healthier Life**

**by Carla Rossi**

Doing sports is a difficult task for most of the people, because of many different reasons, but the most important are for sure laziness and lack of motivation. If you don't have motivation you won't play sports because you have to sacrifice your time for that, and if you don't feel your own motivation from inside for that, you will never start it.

So we collected some tips and tricks to help you make sports and healthy lifestyle easier the part of your everyday routine.

- First of all: organize your tomorrow already a day before, so you can do sports easier because you'll see where you can save a little time for that after/before your work or your studies. So you can't have excuses anymore to skip it.
- Wake up early in the morning and take your time to prepare for the day standing in front of you. This way you can have some positive energy for your studies or for work.
- Eat healthy foods like salad, vegetables, meat for proteins and drink a lot of water against the ROS and the NOS that are dangerous for our bodies.
- Do sports that you really like! Don't force yourself doing something you actually hate. Just enjoy your kind of sport, and stay passionate and motivated!
- You can do sport with someone else, not only team sports like volleyball and football but also running and swimming. Do it with your friends it will be so funny!
- Don't be lazy and don't looking for excuses for staying at home all the day. Sports help you to change your mind, to change your point of view, they can make you more positive, more active and help you to make new friends.
- Go early to sleep! This way you can be more productive during the whole next day - and your sports sessions in the morning, too!

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## **GAME!**

We at Shineia's Sports Illustrated believe that Fair Play should be always in the center in every sports event. That's why we challenge you this month to show us good at Fair Play you are. We created an online platform where you can upload your experiences in three categories, you can share with us

- stories
- videos
- photos

For the 5 best of each category there will be special prizes, including game tickets and more.

The best stories will be featured in our next issue which is dedicated to Fair Play.

## **How sport changed my life? - Interviews by Jiwko Popow**

With these interviews I would like to show you the point of view about sports of the young people.

Jiwko: Hello Mr. Mazur. When did you get engaged in sport?

Filip: I have been engaged in sport since I was born. In primary school I played football. After that I started doing some exercises in home.

J.: Why did you started to do it daily?

F.: Six years ago there was a dramatic fight in wich had been involved a friend of mine. After that I decided to train in home to be fit and so if something happens I can help.

J.: How much positive effects do you have from sport?

F.: I noticed that the sport gives me the chance not only to change my body, but also my mind. Sport gives me self-confidence.

J.: Who is the athlete that inspires you?

F.: My best friend. He is a billiard player.

J.: How he does inspire you?

F.: He shows me that you can be a professional player, student and in the same time you can have some girl in another town.

J.: Thank you for the interview!

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Jiwko: Hello Mss. Metin! How much positive effects do you have from sports?

Merve.: When I do sport I do it for myself and for my body. I do it every morning and after that I feels energized.

J.: What kind of sports you do?

M.: I like jogging, football and swimming.

J.: And what kind of sports do you like?

M.: Ohh, I like footballers and swimmers.

J.: Does it helps you to find a partner?

M.: Yes, the sport helps you to improve your body and mind and when you do exercises with him, you can help each other.

J.: And share the experience?

M.: Yes.

J.: Which sportlers are you following in social media?

M.: I follow Cindy Crawford. She is making exercises in her home. She is a model.

J.: Why do you follow her?

M.: She is making exercises for all her body and that is what I want, and also the exercises are easy.

J.: Thank you for the interview.

## **Father's Eyes**

**by Martin Metodiev**

In this article I would like to share a touching story with you.

This story is about a skinny young boy who loved football with all his heart. Practice after practice, he always gave everything he had. But being half the size of the other boys, he got absolutely nowhere.

At all the games, this hopeful athlete sat on the bench and hardly ever played. This teenager lived alone with his father, and the two of them had a very special relationship. Even though the son was always on the bench, his father was always in the stands cheering. He never missed a game.

This young man was still the smallest of the class when he entered high school. But his father continued to encourage him but also made it very clear that he did not have to play football if he didn't want to. But the young man loved football and decided to hang in there. He was determined to try his best at every practice, and perhaps he'd get to play when he became a senior.

All through high school he never missed a practice or a game but remained a bench-warmer all four years. His faithful father was always in the stands, always with words of encouragement for him.

When the young man went to college, he decided to try out for the football team as a walk-on. Everyone was sure he could never make the cut, but he did. The coach admitted that he kept him on the roster because he always puts his heart and soul to every practice, and at the same time, provided the other members with the spirit and hustle they badly needed.

The news that he had survived the cut thrilled him so much that he rushed to the nearest phone and called his father. His father shared the son's excitement and received season tickets for all the college games.

This persistent young athlete never missed practice during his four years at college, but he never got to play in a game. It was the end of his senior football season, and as he showed up onto the practice field shortly before the big playoff game, the coach met him with a telegram.

The young man read the telegram and he became deathly silent. Swallowing hard, he mumbled to the coach, "My father died this morning. Is it all right if I miss practice today"? The coach put his arm gently around his shoulder and said, "Take the rest of the week off, son. And don't even plan to come back to the game on Saturday."

Saturday arrived, and the game was not going well. In the third quarter, when the team was ten points behind, a silent young man quietly slipped into the empty locker room and put on his football gear.

As he ran onto the sidelines, the coach and his players were astounded to see their faithful team-mate back so soon. "Coach, please let me play. I've just got to play

today,” said the young man. The coach pretended not to hear him. There was no way he wanted his worst player in this close playoff game. But the young man persisted, and finally, feeling sorry for the kid, the coach gave in. “All right,” he said. “22 You can go in.”

Before long, the coach, the players and everyone in the stands could not believe their eyes. This little unknown, who had never played before was doing everything right. The opposing team could not stop him. He ran, he passed, blocked, and tackled like a star. His team began to triumph. The score was soon tied.

In the closing seconds of the game, this kid intercepted a pass and ran all the way for the winning touchdown. The fans went crazy. His team-mates picked him up onto their shoulders. Such cheering you never heard.

Finally, after the stands had emptied and the team had showered and left the locker room, the coach noticed that this young man was sitting quietly in the corner all alone. The coach came to him and said, “Kid, I can’t believe it. You were fantastic! Tell me, what got into you? How did you do it?” The young man looked at the coach, with tears in his eyes, and said, “Well, you knew my dad died, but did you know that my dad was blind?”

The young man swallowed hard and forced a smile, “Dad came to all my games, but today was the first time he could see me play, and I wanted to show him I could do it.”