

Why young people in Zetland do extreme sports? ^{monitors} Milana Gform.
There is no doubt that sports are very healthy for our
bodies and a lot of teenagers love sport and doing it. I am doing
project about why youngsters in Zetland do extreme sports
and have found some data and now I am going to analyse it.

According to the table, the most popular motive for doing
extreme sports is getting more adrenaline, this option was chosen
by 44% of respondents, while the least popular motive is
exploring one's limit, which makes up only 11%.

Comparing other features listed in a table, I would like to
specify that the figures for young people who choose increasing
self-confidence and numbers of teenagers who chose fighting
fears and stress tend to be fairly similar, 14% and 13%
respectively. Further analysis of the table reveals that the number
of young athletes who chose following modern trends is 15% which is
around twice as many as the figure for respondents who chose
exploring one's limits, which makes up 11%.

One problem that can be connected with doing extreme
sports is that sometimes they can be very dangerous and may
result in problems with people's health. However, there are two
solutions to this problem. The first one is having protection on the
body, it may help protect yourself from injury. Second, if
you are just a beginner, do not practise on your own, hire an
experienced instructor to train you.

In conclusion, I think that extreme sports are essential
in teenagers' life, because it is very important for them to be
active and spend a lot of emotions and energy somewhere.

275 words