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The popularity of extreme sports has significantly increased for the last few decades. The motives to take up such activities vary with each age group. I am currently working on a project whose aim is to establish why young people in Zetland do extreme sports. Below, I am going to analyze the statistics I have found on this issue.

As can be seen from the table, the number of young athletes who want to get some adrenalin equals 47%, and that is the most popular motivation. Less than a fifth of the respondents do extreme sports to follow modern trends. Another key feature of the results of the opinion polls is that only a small minority of the youngsters surveyed try to explore their limits, which places this reason at the bottom of the table.

Further analysis shows that increasing self-confidence and fighting fears and stresses are the motives less favoured by young Zetlanders, with the former holding third position in the table and the latter ranking fourth. The difference between them is just 1 percentage point 14% respectively.

However, there is a problem connected with extreme sports: they are known to involve a high risk of causing serious physical harm. Fortunately, one can solve this problem by using proper safety gear.

I think that despite some problems that can arise while doing extreme sports, these modern activities play an important role in young people's lives because they help participants to develop both physically and mentally.

250 words