Dance to the Tunes of Gymnastics Music to Stay Fit by Annphilip

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Gymnastics is an action filled sport, which gives us fun, fitness and a strong mind to face challenges. I used to watch this sport during Olympics Games, where ladies swings around with a ribbon, do some twists and turns, then swirls on the floor and walk on beams.

This is one of the most popular and oldest sports in the Olympics that gets a mass appeal. The multifaceted game combines athleticism with grace, personality and femininity. As an athlete this sport helps us to develop physical strength, speed and body balance. While male gymnasts get popular on their strength and skill, lady gymnasts steal the show with their abrupt acts and graceful movements.

Continuous practice makes the body of a gymnast flexible and agile. For beginners it will be a combination of yoga and dance. Going forward you can learn acrobatics and floor works by stretching your body and taking some postures. People of any age can practice gymnastics. The apparatus used for performing the sport includes rings, pommel horse, bars, and balance beam. The sport will give lots of fun, while helps to balance the body and make movements in a confident way. In one way this is a challenging sport, because walking and flipping on a four inch beam is not that much easy. Under skilled guidance and constant practice only we can master an iron cross on the rings. In competitions, this sport is performed as a solo event or a team program. For ladies, the events in which they can take part include balance beam, uneven parallel bars, combined exercises, floor exercises, vaulting, and rhythmic sportive gymnastics.

To become a perfect gymnast one should go through rigorous trainings. Because practice makes the person's body flexible. To win accolades one should have a sturdy foundation, because a strong building can be built only on a well-built base. Along with that we should also adopt right training modules and equipments. So master simple movements first before moving towards complex ones. As an ideal athlete, we have to maintain strict diet controls. Some of the common injuries associated with gymnasts are sprained ankles, sprained, wrists, dislocation of the elbow, injury to Achilles tendon, back pain, stress, strain etc.

Other than for winning competitions, more people are now focusing on it as a sport that will improve their fitness and stamina. Todayâ€™s younger generation makes it a habit to go to gymnastics clubs for taking daily exercises.

Womenâ€™s gymnastics got its popularity after Olga Korbut, Nadia Comaneci and Mary Lou Retton showed their dazzling performance in Olympic Games. Romaniaâ€™s Nadia Comaneci won three gold medals in the Olympics and the record to score a perfect ten also goes to her credit account. For a person interested in gymnastics, Nadiaâ€™s life will be a good inspiration. It was at the age of 14, Nadia won the first medal in Olympics and at that time she was only 4 feet 11 inches height and 86 pounds weight. Bela Karolyi, the legendary coach of Nadia commented on her qualities like this, â€œShe has three qualities. The physical qualities-strength, speed, agility. The intellectual qualities-intelligence and the power to concentrate. And above everything, Nadia has courage.â€• Even I remember a television serial based on her life, which was really touching and motivating one.

Gymnastics is not conducted everywhere just like we conduct football, base ball, hockey and basket ball. Though gymnastics is my favorite, I used to watch above said events along with my family whenever I got a chance for that. One of the most important decision things I used to take whenever I go for watching sporting events like this is to secure my home with a proper security service like ADT Home Alarm to safeguard my home from a housebreak and burglary.

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Liss is a freelance writer. She is interested in going for tournaments related to hockey, baseball, basket ball keeping her secured with the security system, a ADT Home Alarm.

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