

Sports in Russia

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It's very important for people to have some regular exercises. In Russia a lot of people go in for sports. We can say that Russia is a nation of sports-lovers.

Many sports are popular in our country:



football

volleyball



basketball



hockey



figure skating



skiing



tennis



wrestling



shooting

All water sports are widely spread in our country :

diving



water skiing



swimming



sailing

Some people are fond of extreme sports such as rock climbing, potholing or white-water rafting.

rock climbing



potholing

white-water rafting



Russia's ethnic minorities also have their own traditional forms of exercise.

- The Yakuts of central Siberia are skilled **reindeer-sled racers**.
- **Archery** is popular with the Buryats of eastern Siberia.
- On the Amur River in southeastern Russia **canoeing** is also a popular sport.



Sports in Russia have traditionally been divided into amateur and professional. That's why there are different sports clubs in the country.

A lot of sportsmen take part in international competitions and win medals.

A great number of sportsmen take part in the Olympic Games and show excellent results. Hundreds of athletes have become Olympic medalists and record-setters. The names of Russian sportsmen are famous all over the world.



**Irina Rodnina and
Aleksander Zaytsev**

**Tatyana Navka and
Roman Kostomarov**

**Yevgeniy
Plyushchenko**

**Irina
Slutskaya**





**Nikolay
Valuyev**



**Konstantin
Tszyu**

**Maksim
Chudov**

Ivan Cherezov





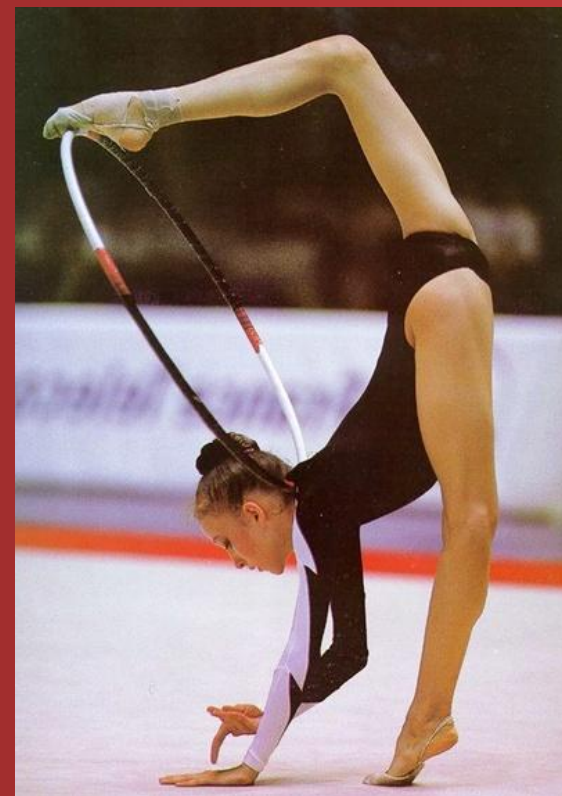
**Aleksey
Nemov**



**Yelena
Isimbayeva**



**Alina
Kabayeva**



**Lyaisan
Utyasheva**



Yevgeniy Kafelnikov



Yelena Dementyeva



Marat Safin

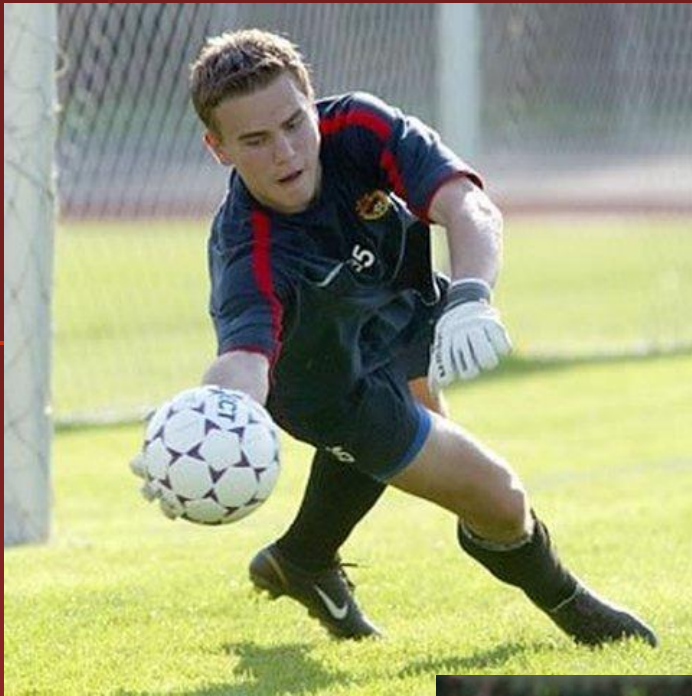


Dinara Safina



Maria Sharapova

**Roman
Pavlyuchenko**



**Igor
Akinfeyev**



**Andrey
Arshavin**

**Vladislav Tretyak
and
Vyacheslav Fetisov**



**Aleksander
Ovechkin**

During the last years there was a great increase in keeping fit and staying healthy in Russia.

- A lot of people started **jogging** and going to fitness clubs in their spare time.
- **Aerobics** classes and fitness clubs were opened in every town, and the number of recreation centres greatly increased.



Doing sports prevents us from getting too fat and helps to stay healthy.

- But despite the increase in the number of people participating in sports, the majority of them still prefer to be spectators. Thousands of people go to the stadiums to support their favourite teams and sportsmen. Most of the important competitions are televised and people enjoy watching sports programmes on TV.

But certainly watching sports events and going in for sports are two different things.