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1. The first part of the text describes the different types of sports that are popular in the United States. It mentions that American football is the most popular, followed by basketball and baseball. The text also notes that soccer is becoming increasingly popular, especially among young people.

2. The second part of the text discusses the importance of physical education in schools. It argues that regular exercise helps students stay healthy and improves their academic performance. The text also suggests that schools should offer a variety of sports to cater to different interests.

3. The third part of the text talks about the role of sports in building character and teamwork. It explains that participating in sports teaches students how to work together, set goals, and overcome challenges. The text also mentions that sports can help reduce stress and improve mental health.

4. The final part of the text provides some tips for staying active and healthy. It suggests that people should aim for at least 30 minutes of moderate exercise most days of the week. The text also encourages people to find activities they enjoy and to make exercise a habit.

لا إله إلا الله محمد رسول الله

السلامة العامة