## My free time activities



and reflexes due to the constant tension we are being exposed to in order to give our best and contribute to better, so that we could cooperate on a higher level. Furthermore, playing sports improves our reaction time the endorphin produced by our bodies. For us it's also a great way to get to know our friends and teammates Participating in sports activities is our favourite free time activity, primarily playing basketball and football. Throughout sport we channel out all of our negative energy and afterwards we feel much more relaxed due to

of playing alongside great bands such as Led Zeppelin, AC/DC and others. grindstone, we got quite good at it, and sometimes we even dreamed makes us feel fulfilled and we always search for new ways to improves our abilities. Keeping our nose to the music, one of the driving forces in our lives. Playing multiple different chords and drumbeats in patterns Another hobby which we adore is playing musical instruments. We have a never-ending desire to create





acquiring knowledge, but books have also enabled us to get the insights into different aspects of the stress-relieving and great for boosting our memory. everyday life and relive numerous different experiences of the authors. We also find this hobby very Our lifestyles have been influenced a great deal by reading. Not only they are the easiest way of

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