

Why Athletes Should Not Use Steroids

People enjoy sports because they bring people joy, excitement, and thrill. The feeling comes to people because the sports shows how athletes practiced hard in a fair way. However, when athletes use steroids, they ruin the fairness of competition and hurt others and themselves as well. Steroids might look like an easy way to succeed, but they have big risks. This essay will explain why athletes shouldn't use steroids for the reason of fairness, health risks, and the value of true sportsmanship.

To begin with, using steroids is unfair to other athletes. Sports have rules and athletes should use natural talent and hard work. Steroids are artificial boosters that give athletes unfair advantage by making the users stronger and build muscles faster. This is not fair to other athletes who train honestly. For example, if one athlete uses steroids and another one practice hard, the steroid user gets ahead without truly earning it. This kind of cheating is against the spirit of fair play that makes sports special.

Also, steroids can harm the user athlete's body and mind. Steroids might make someone stronger, but they also cause serious side effects. After some time, they can lead to heart attacks, liver damage, and hormonal issues. Plus, steroids can impact someone's emotions like mood swing and even depression. These health risks are much stronger than benefits. Athletes should care about their health instead of risking it just to win one game.

Finally, using steroids gives a bad message to young people. Many children respect and want to become athletes. If famous athletes use steroids, it makes cheating seem acceptable. Young fans might feel like they need steroids to succeed too. Athletes who stay away from steroids should give kids good impact like that success comes from hard work and honesty.

In conclusion, athletes shouldn't use steroids because it's unfair, unhealthy, and sends the wrong message to others, especially youngs. True success comes from dedication and effort, not taking shortcuts. Sports are about celebrating human ability and perseverance. When athletes compete fairly, they inspire others and keep the true spirit of sports alive. These efforts will keep sports clean and encourage honest competition for everyone's benefit.