Group’s code: DELETE

1. Topic: Health Benefits of Exercise

Running and swimming can help improve your cardiovascular health, it is just nowadays, teenagers choose running rather than swimming to get healthy and fit. Teenagers can burn nearly 700 calories by an hour of running, yet they can only burn off roughly 600 calories during an hour of swimming. It’s not hard for teenagers to find a place to run, they can run in a park or at the gym when it is raining outside. In the other side, it’s hard to get swimming time if teenagers don’t have their own swimming pool. For teenagers who are still growing, there is more potential to lose weight with running and also running helps build stronger bones because it increases the bones’ mineral density. Meanwhile, swimming is a low-impact exercise, and it is better for older people than teenagers. For most teenagers, running is easier to do than swimming because swimming takes more of cardio efforts than running does. So, teenagers choose running over swimming nowadays.

1. Topic: Pollution

Air pollution is caused by some factors, yet emission of motor vehicles is the most dangerous factor. Air pollution is a condition when there is a physical, chemical or biological alteration to the air in the atmosphere that can be dangerous for health. One of the factors of air pollution is the increasing amount of vehicles, because the vehicles produce gas emission. Gas emmision from vehicles contain some toxic gases, such as CO2, CO, NOx, SO2, and Volatile Organic. WHO defined several types of most dangerous air pollutants that are harmful to human and animals contain hydrocarbons, sulfur dioxides, and nitrogen oxide. 93% carbon monoxide, 57% hydrocarbon, and 39% nitrogen oxide in the air come from motor vehicles. The main impact of air pollution is health problems, such as eye irritation, interfere with breathing ranging from cough, shortness of breath, inflammation of the lungs to serious diseases such as tuberculosis (TBC), may interfere with the recurrence of asthma for people with asthma, skin cancer even death. Emission of motor vehicles is most dangerous factor of air pollution that are harmful to human health.

1. Topic: Computers

There are several reasons why smartphone can’t be separated from modern people’s life. Information is important in modern world since without information we won’t be able to keep up with today's society. One of the many ways to obtain information is by using smartphone. Smartphone can connect to the internet easily, therefore accessing information is so easy. Smartphone helps people communicate better, either by voice communication or written communication, we can also talk face to face with people using the current technology. Smartphone also provides access to entartainment better than other technologies. We can read books, watch movies, listen to many musics anywhere we are, anytime we like. Therefore, smartphone is very important for modern people's life and are inseparable.