

Introduction

This report presents data on the health-related activities of young Austrian students aged 18. The provided chart shows various activities like eating fruit and vegetables daily, exercise, drinking alcohol and smoking at least once a week. Additionally the report discusses the importance of health among teenagers.

Data presentation

According to the collected data, about 45% of boys and slightly more than 60% of girls consume fruit and vegetables every day. However only 20% of boys and less than 10% of girls exercise regularly. About 35% of boys and nearly 30% of girls drink alcohol at least once a week. Additionally, around 20% of boys and almost 30% of girls smoke once a week.

Importance of health

Healthy habits are a necessary aspect of a teenagers life as they are in the process of physical and emotional development. Doing healthy habits such as eating fruit and vegetables regularly, exercising daily, avoiding alcohol and cigarettes can lead to a very healthy lifestyle. This could prevent several diseases such as cancer, obesity and heart problems. These habits could also help teenagers to cope with stress, build self esteem and help evolve into healthy people.

Motivation to stay healthy

One of the most effective methods to keep teens healthy could be to educate them about the importance and benefits of healthiness. Schools could implement a concept that promotes healthy habits such as nutrition and physical education. Schools could eventually collaborate with health and sports professionals to support and reinforce healthy habits.

Conclusion

Based on the provided data, it is revealed that Austrian teens need to adapt to a healthier lifestyle in order to stay healthy in the long run. One of the most crucial parts is to educate teenagers about the benefits of healthy habits and emphasize the importance of maintaining a healthy life.