

As requested, this is a report regarding the health of young people at the age of 18 in Austrian schools. This report will point out why young people should look after their health and suggest ways to motivate teenagers to live a more healthy lifestyle.

Results of the study

The study shows that over 60 percent of girls at the age of 18 eat fruits and vegetables every day, while only 45 percent of the boys eat fruits or vegetables daily. The study also tells us that only a fifth of the boys, while not even a tenth of the girls, exercise daily. According to the collected data, between 35 and 40 percent of the boys drink alcohol once a week and girls around 28 percent. At last 29 percent of the girls and 21 percent of the boys smoke once a week.

Reasons to look after your health

It is important to look after your health because when you are at a young age you tend to learn better. This effect increases when a young boy or girl lives a healthy lifestyle. If a teenager stays healthy and continues to stay fit, then it is possible for you to have a longer life expectancy.

Motivation to stay fit

What can be done to help young people to live a healthy lifestyle? First, the schools could implement a system where every day a student would get a free apple or other kinds of fruits or vegetables. Also, schools could introduce a sports lesson every day so that students can relax during a long day. To motivate young people not to smoke or to drink alcohol, it can be helpful to show young people what can happen when you smoke too much or drink too much alcohol.

To conclude this topic. Young people should live a healthier lifestyle if they want to live a long and uncomplicated life. To motivate teenagers, schools should be the ones promoting a healthier lifestyle so that young people live a happy life.

335 Words