

## **Introduction**

As my school has collected information on the health habits of Austrian students, I was asked to present those findings. This report will first summarize the data available and then give reasons why teenagers should look after their health. Finally, there will be suggestions on how to motivate teenagers to stay healthy.

### **Presentation of the data**

According to the research, 45% of boys and 60% of girls aged 18 eat fruit and vegetables every day. However, only a maximum of about 30% exercise daily. On the other hand, about 38% of boys and 29% of girls have stated that they drink alcohol at least once a week, while smoking takes up between 20% and 30% for these students.

### **Reasons for teenagers to look after themselves**

A healthy lifestyle is good for the body and for the mind. Students will be able to concentrate better in class, leading to better grades. Not only will academic success benefit from maintaining good health, but also life in general. Teenagers can improve their self-esteem and confidence, which are important for one's emotional well-being.

### **Ways to motivate teenagers to stay healthy**

#### **Competitions**

Different challenges and competitions can be an effective way to motivate young people to look after their health. These can be organized by schools in the form of events, like for example a fitness event to see who can bench press the most in class.

#### **Education**

Educating people in their twenties about the benefits of healthy habits is essential for motivation. This can be achieved by workshops that explain the importance of a healthy lifestyle and the impact on one's life.

## **Conclusion**

There is a lack of ambition in the health habits for Austrian students. Improving these is important for academic success and a healthy lifestyle. By promoting them through different competitions, challenges and education, teenagers can be motivated to take care of their health.