**Introduction**

The European Health has started a project in schools to address the teenage health. Our school has collected information about four factors that influence health. I was chosen to write a report about this topic. In this report I will mainly cover three topics: The data that was collected, reasons why teenager should look after their health and ways to motivate teenagers to stay healthy.

**The** **Data**

In this data, we have collected information about 4 different factors. How many people eat fruits or vegetables, how many exercise daily, how many drink alcohol at least once a week and how many people smoke at least once a week. People who eat vegetables or fruits daily are the most common, especially girls. They are at 60 percent, while boys are at only 45 percent. The lowest percentage of people are the ones who exercise daily. And here the girls are barely even at 10 percent, while boys are at 20 percent. The other two factors are pretty much even. On average, they are about 25 to 30 percent.

**Reasons why teenager should look after their health**

**The body only exists once, if it breaks, there is no replacing it**. Health issues are called issues for a reason, and even though we have a good health system in Austria, we should still look after our bodies. Medicine can do a lot, especially here, but it cannot do everything. If we hurt our body too much, it cannot recover.

**The medical bills do not pay itself.** Contrary to Austrian belief, we still pay for our hospitals. They are just split with every other citizen. They are in our taxes and if our health system needs upgrades, because the demand on hospitals and doctors gets bigger, we are going to have to pay for them.

**Ways to motivate teenagers to stay healthy**

Getting into a healthy routine, eating healthy and exercising may be hard at the beginning, but it will pay off. When you are healthy, you will feel healthy and this will also give you motivation in your daily life.