**Introduction**

The European Health organization has shown concern about teenage health, and as a response, a project has been initiated in schools. Our school has collected data regarding the health habits of Austrian students. This report will present the findings, discuss the importance of teenagers looking after their condition, and suggest ways to encourage healthy habits about 18 years old.

**Data Presentation**

Fruit and vegan consumption among boys is at 45% and among girls is at 60%. Daily exercise is practiced by 20% of young men and 9% of young woman. Alcohol consumption at least once a week is reported by 35% of boys and 29% of girls. Smoking at least once a week is reported by 20% of males and 29% of females.

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

Teenagers should care about Health for several reasons. First, they are still growing, so it is important to have a balanced diet and exercise to ensure their growth and development. Secondly, a healthy lifestyle helps prevent various health problems such as obesity, heart illness and diabetes. Fourth, a healthy lifestyle can improve mental health and help teenagers cope with stress and anxiety. Lastly, students who practice healthy habits tend to perform better in school or university, as they have more energy and can concentrate better than others who life unhealthy.

**Ways to motivate teenagers to stay healthy**

Here are some ways to animate teenagers to maintain a healthy lifestyle. One approach is to teach students about the endless benefits of life healthy. Another strategy is to implement school programs that promote healthy habits, e.g., offering healthy food in the school cafeteria. Finally, using positive role models, such as famous sports stars or celebrities, can show teenagers the benefits of a healthy lifestyle.

**Conclusion**

Teenage health is very important, and the information from Austrian students shows areas that need to get better. When we know how essential it is to stay healthy and use ways to inspire teenagers to have healthier habits, we can make sure they have a better future.

--345 words