Introduction

The aim of the following report is to examine how much eighteen-year-old Austrian students do for their health. It will also cover the why and how teenagers should and can look after their health.

Presenting the data

According to the data my school collected, about 45% of the male respondents reported eating fruit and vegetables daily. About 17% less than girls in that age. Twenty percent of teenaged boys exercise daily, and only 9% of girls. The average eighteen-year-old Austrian student drinks and smokes more regularly than exercising.

Why should teenagers look after their health

Teenagers have their whole life before them and if they do not care for their body and mind, they will get sick at a young age and could even get chronic diseases. Being healthy also improves mental abilities which can help students taking on information in class or studying for an exam.

Suggestions on how to motivate teenagers to stay healthy

I think teenagers must have stricter sports lessons. In some cases, it is ok to let the students do what they want, but generally there should be a structured lesson.

Talking about the consequences of not doing exercise or drinking and smoking will also influence them.

Schools could also visit some people with their classes, who are adults and not healthy due to their own actions, so that the students can decide on their own if they want to be like that.

Conclusion

In conclusion, the Data presented shows that the average teenaged Austrian does not look after his/her health well enough. If they do nothing about it, they will likely get sick later in their life. To get started, aim to exercise for at least 30 minutes a day.