

task 2 I am in complete agreement with the statement. Sitting all day watching television is a huge waste of time. It's totally fine to watch TV for 3 to 4 hours a day, but spending all day watching TV is really bad for your well being. First of all, you will have to sit down and stare at the TV screen for a really long time which can be extremely bad for your body in general and your eyes specifically. Secondly, during those time you spent on watching TV you could have done a lot of productive things like exercising or studying. Last but not least, watching TV all day is going to put your body in relax mode, and your body will get used to it and when you want to move around you will feel tired and weak. I once spent all of my free time during the weekend watching TV, and I immediately regretted my decision. I felt weak and tired all day, I couldn't do anything, my eyes hurt, and at the end of the day, I learnt nothing and did nothing productive, I felt ashamed. I think I'll never do it again. With that being said, we could all agree that watching TV all day is really bad for you.