

## Students Own Writings

### ADVANTAGES AND DISADVANTAGES

#### ***Should we worry about obesity?***

**Some studies show that** Spain has higher levels of obesity than all the rest of countries in Europe. **When** you walk on the street, you can see more fat people than slim people.

**On the one hand**, teenagers spend most of the time studying or playing games in the computer or watching television. **This is the reason why** they don't do sports like playing football or basketball. Sport is very important for your life.

**On the other hand**, we always need to eat quick meals because we have to run to work or to school. **That means that** we eat a lot of junk food like chips, fried food and we don't eat vegetables, fruit and carbohydrates.

**In conclusion, I think we** should worry about obesity. **From my point of view**, you have to do daily exercise, have a balance diet and drink a lot of water. Good habits will keep you healthy and fit.

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