



Otázka: Modern lifestyles can seriously endanger our health

Jazyk: Angličtina (Essay/Sloh)

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Modern lifestyles can seriously endanger our health.

Obviously I agree with this statement, since I see it all around me. Young people eating unhealthy food that is full of carbohydrates, just because it is easier and oftentimes cheaper to get than healthy food. From my point of view, junk food is generally less tasty than healthy food like celery and other green stuff. I didn't always have this opinion, I used to eat unhealthy food and drink soda all time.

Then there is the physical activity that comes with healthy lifestyle, which differs from a workout enthusiast, to a person that goes on foot, instead of taking a bus. I feel like people nowadays would rather take the bus than take a walk, which adds up to the unhealthy lifestyle a lot of people have.

This state of mind, that people have, can lead to a heart attack at a young age and other serious health problems.

So I say go to school, work or even a gym on foot, instead of taking the comfortable way of transport.

Hodnocení: 2 (špatný závěr)