

5B Chan Cheuk Nam (18)

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Subject: English



Parents should encourage children to participate in sports

Nowadays, the number of students whose weight is above average for their age group is increasing. Students lack time due to busy schedules and are distracted by other forms of entertainment, such as playing video games and the Internet. Moreover, they do not have access to sports facilities. These all pose risks to students' health. Childhood obesity and related disease may happen if they do not exercise.

To solve this problem, parents can enroll their children in sports that they are interested in and limit their time on playing video games, watching TV and using the Internet. In addition, parents can practise healthy habits because children view parents as role models. In general, adolescents should participate in at least 30 minutes of physical activity every day in order to stay fit and reduce sedentary time.

If you follow the above proposal, your children will become more health.

