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SUBJECT = English - II
Class = VII

Roll no: 41

Assignment No: 2

F. Write a short essay on why school children should exercise regularly.

Use the points below:

- The general food habits of children: eating more processed food and drinks that have calorie value, eating junk food with few nutrients, tendency not to eat meals at regular intervals and eat at odd hours and the result of such food habits
- A Sedentary lifestyle: little exercise, no facilities to play and exercise, addiction to digital devices, decreased mobility, disregard for one's own health and the consequence of such a lifestyle
- health issues: tendency to gain weight, fall ill frequently

• how to exercise and stay healthy

⇒ Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:

- Heart disease
- Cancer.
- Type 2 diabetes.
- Osteoporosis
- Obesity