

To stay healthy nowadays, you must do sport on a daily basis. Do you agree?

Does sport play an important role in your life? You could discuss if there are sufficient sports facilities where you live.

Do young people do too much/not enough sport and if so, why?

When I was little, I loved playing games and playing football in particular. As children, we were not thinking about staying healthy, we were just having fun.

However, as young adults, exercise should really be part of our daily routine but it becomes less and less easy to do. This is usually because there are many other things to do, such as revising for exams, surfing the internet and going out to meet friends etc. It's a busy life!

It is clear that you must exercise to be healthy but doing sport can be difficult to organise. In some towns, there are few good sports facilities and it can be expensive. Some people do not have the time or money to travel there. Personally, sport does play a big part in my life because there is a sports centre near my house. I can walk there in minutes so I have no excuse!

On the other hand, there are other ways of staying healthy apart from sport. You can change your eating habits – you can avoid sweets and crisps and you can eat more salads and vegetables. There are other little things you can do to change your lifestyle – for example, you can cycle to school or college instead of going by car!

In summary, sport and exercise is not for everyone and, as I have said, this is for different reasons. There is no question that sport is one way of staying healthy but there are other things to consider. Unfortunately, there is a high level of obesity in young people in Scotland and we must make an effort to stay healthy.