

## Health and wellness in the UAE

at risk      illness      awareness campaign      obesity  
life expectancy      screen      prevention      physical education

Children today are not exercising as they did in the past; they spend hours watching TV or playing video games. This leads to weight-gain and puts children <sup>1</sup> \_\_\_\_\_ of <sup>2</sup> \_\_\_\_\_, because they're not burning the calories they take in. We need to change this quickly through <sup>3</sup> \_\_\_\_\_; we should not wait till the problem starts and then try to fix it. Starting an <sup>4</sup> \_\_\_\_\_ is useful, however it's not enough. If a child seems unhealthy, they should undergo a health <sup>5</sup> \_\_\_\_\_. If we don't promote healthy habits, the <sup>6</sup> \_\_\_\_\_ of the population could drop.