

# ARE VIDEO GAMES A GOOD WAY TO KEEP FIT?

Nowadays, many teenagers have video consoles at home and they often like playing interactive video games. These are good for you for a number of reasons.

First of all, I think that interactive video games are a good way to keep fit. There are lot of different types of exercise you can do, such as basketball, water-skiing, and dance. What's more, you can play them in the comfort of your own home. In my opinion, these games are fun and interactive because you can play them with friends and if you play online, you don't need to be in the same place as your friend to play.

In addition, you can play them whenever you want. Some people think that it's better to do exercise outside in the fresh air. Although this is true, it's actually difficult to play outside when it's raining or very hot, so video games are a good alternative.

Now, check (✓) the points of opinion that are mentioned in the text above.

- There are a lot of different types of games.
- You can compete with people all over the world via the Internet.
- Video games are fun to play with your friends.
- It's better to do exercise outside in the fresh air.
- Video games allow you to play many different sports.
- You can play video games even when the weather is bad.
- Playing video games is the best way to stay physically fit and healthy.
- Playing sports is a more intense exercise than playing video games.

