

Nowadays, a growing number of teenagers are suffering from (1) _____ due to poor lifestyle choices. One of the main causes is a (2) _____ lifestyle, where students spend too much time sitting in front of screens instead of exercising. (3) _____, the high consumption of (4) _____ foods, such as fast food and sugary drinks, makes the situation worse. (5) _____, many young people are gaining weight rapidly and developing health problems.

To solve this, several measures should be taken. Firstly, it is (6) _____ for schools to provide more physical education classes to encourage students to stay active. Secondly, the government should launch public health (7) _____ to educate parents about nutritious meals. If sugary snacks were (8) _____ more heavily, people would be encouraged to choose (9) _____ alternatives. In conclusion, combining education and government action is the best way to tackle these (10) _____ habits.