



Imagine that you are doing a project on **why Zetland teenagers start fitness programmes**. You have found some data on the subject - the results of a survey conducted among Zetland teenagers (see the table below).

Comment on the survey data and give your opinion on the subject of the project.

The survey question:
Why did you decide to start a fitness programme?
Choose one option

Reasons	Number of respondents (%)
to improve self-image	27
to lose weight	25
to make new friends	20
to reduce mental stress	15
to tone muscles	13

Write 200-250 words.

Use the following plan:

- make an opening statement on the subject of the project;
- select and report 2-3 facts;
- make 1-2 comparisons where relevant and give your comments;
- outline a problem that can arise with some fitness programmes and suggest a way of solving it;
- conclude by giving and explaining your opinion on the importance of physical fitness for teenagers.

