

Many people agree that teenagers don't get enough exercise. Write an essay in which you give your own view of the problem and propose ways of solving it.



# Writing strategy

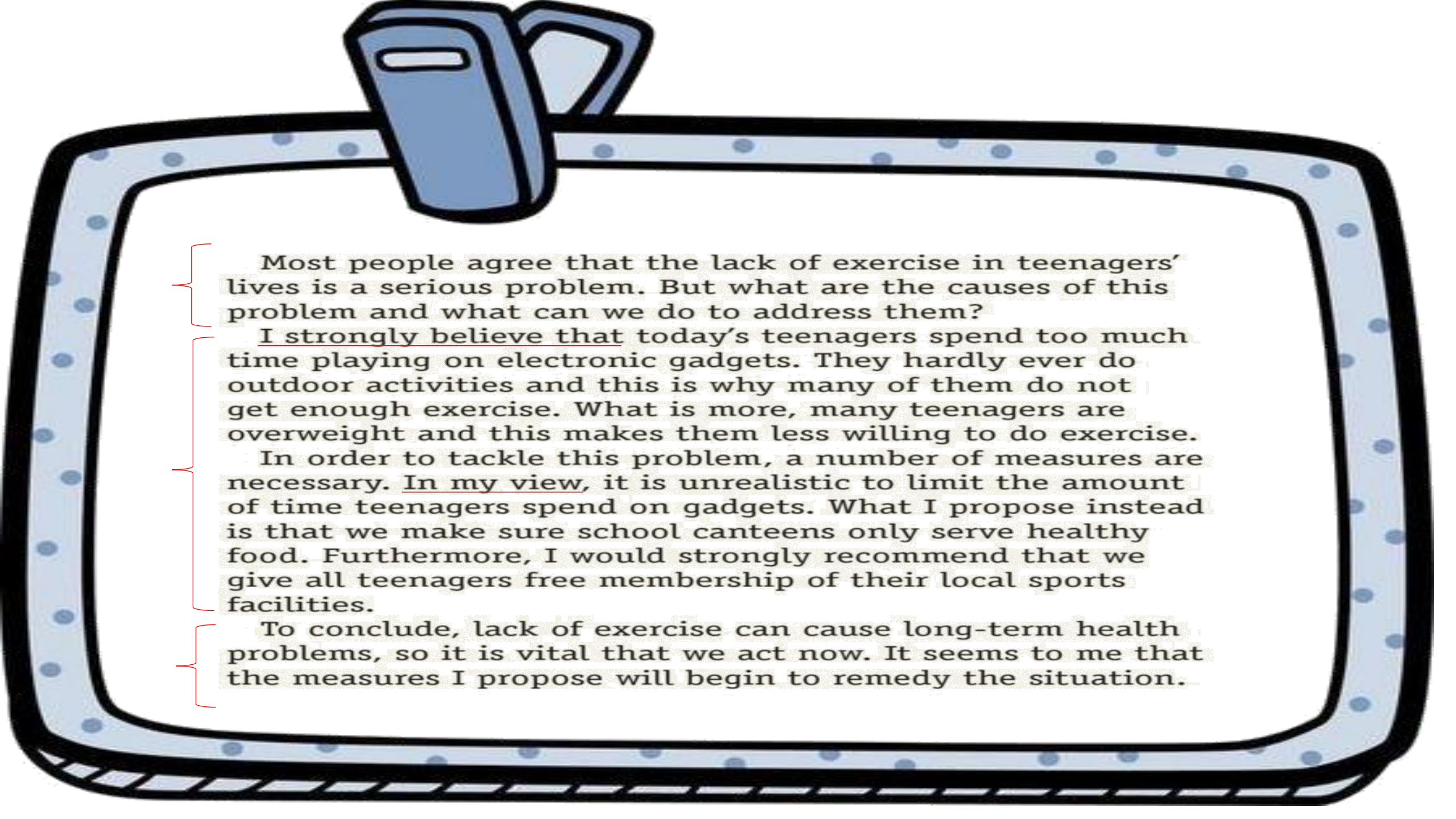
**1** Divide your essay into an introduction, main body and conclusion.

**2** If the task has more than one element, deal with them in different paragraphs within the main body.

**3** Use formal language.

**4** Support opinions with evidence or examples.





Most people agree that the lack of exercise in teenagers' lives is a serious problem. But what are the causes of this problem and what can we do to address them?

I strongly believe that today's teenagers spend too much time playing on electronic gadgets. They hardly ever do outdoor activities and this is why many of them do not get enough exercise. What is more, many teenagers are overweight and this makes them less willing to do exercise.

In order to tackle this problem, a number of measures are necessary. In my view, it is unrealistic to limit the amount of time teenagers spend on gadgets. What I propose instead is that we make sure school canteens only serve healthy food. Furthermore, I would strongly recommend that we give all teenagers free membership of their local sports facilities.

To conclude, lack of exercise can cause long-term health problems, so it is vital that we act now. It seems to me that the measures I propose will begin to remedy the situation.

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# Writing No.5

Many people believe that teenagers spend too much time on social media. Write an essay in which you give your own opinion about this issue and propose solutions to it.

## Writing No.6

Climbers and other extreme sports fans often take big risks. Write an essay in which you examine the reasons for and against doing dangerous sports, and give your opinion about whether people should do them.

Deadline : Azar 1<sup>st</sup>

*Write a positive adjective that starts with the first letter of your name.*

