

6D Hu Jia Hua

Dear Editor,

Hong Kong teenagers are increasingly at risk of suffering strokes later in life, doctors warned. A survey revealed many in the city do little exercise. A study found that 38 percent of pupils did less than one hour of exercise per week, and another 42 percent exercised two to three hours weekly.

The results above are worrying. They show a lack of exercise among young people. A lot could be done to engage adolescents to do more sports.

Many schoolmates lead a sedentary lifestyle. Not many know the correlation between doing exercise and staying healthy. However, they would rather opt for other forms of entertainment, for instance, television, movies and video games. This can be indicated by the fact that the sports clubs in our school are not so popular. They are reluctant to take up sports because they are not aware of the importance of exercise and potential dangers of inactivity. In fact, studying under an examination-oriented system, students are not encouraged to exercise. Many of them have forgone their personal time for revision. In view of this, a healthy lifestyle fair could be held to raise their health awareness. At the fair, a board with ample health information will be displayed. Relevant seminars can be conducted by health professionals and sharing sessions by teachers, students and alumni.

From the fair, not only will students know the physical benefits of doing exercise, but also they will find that physical activity can improve the development of their brain. These information about benefits stem from enough exercise can arouse students' interest in doing sports and motivate them to do more.

Additionally, a wide array of physical activities in P.E. lessons can make students more active in P.E lessons. Some students said that the most sports they do in P.E. lessons are basketball and badminton. They want more activities to be introduced in P.E lessons so that they can get excited and motivated. With more types of activities introduced, students can get involved and encouraged in doing dynamic sports. The more they have entertained, the more they are willing to do sports.

There are abundant benefits of sports to students. If they can acknowledge this, young people will change their mind and attitudes towards doing sports.