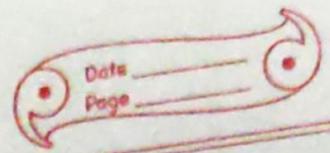


H.C.W
27.07.2021



Write a paragraph on 'The harmful effects of watching television'

To begin, watching television for a long time can be harmful to one's health. People should not think that it is a wonderful life being in front of endless shows and movies on TV. Watching for a long period of time has been linked to obesity and numerous other heart diseases. This is due to the fact that sitting for a long period reduces the physical activity of an individual. Research has also shown that too much watching of television can increase one's chance of acquiring type 2 diabetes.