

## Paragraph on 'The harmful effects of watching television'

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. Moreover, watching for a long time can also cause an eye condition called shortsightedness. Action movies for instance are full of fantasies and children might be made to believe the lies in them. ~~There are some very good products~~ Also, spending too much of your time watching can make you dumb. Some programs can be ~~program~~ harmful not only to the general development of child, but also to adults. There are many reasons 'watching television' is harmful to us.