

Kids why kids of the current generation



**ASSIGN
BUSTER**

Kids these days are getting lazier, fatter, and more disrespectful. The baseball and soccer fields are empty, and the parks are empty.

Kids are just no where to be seen nowadays. Where have they all gone? Well, if you look in the right places, then maybe you'll see them. By the right places, I mean in front of our good friends the television, the play station or the computer. Parents should Here are some stats from the U. S. Surgeon General's office. Almost half of Americans aged 12 to 21 are not vigorously active on a regular basis. About 14 percent of those same kids reported no recent physical activity.

Participation in any type of physical activities decrease dramatically as these kids get older. Kids are getting more sedentary every day and they're paying the price of this lifestyle with their health. For every effect, there has to be a cause, according to the law of cause and effect. There is a specific reason as to why kids of the current generation are lazier and less active, and that is technology. As kids are born into the information age, new technology is readily available for their use. Life has gotten easier as the years progress, as new technology is developed it aid us in our everyday errands. Even though is aid is available to us, kids are starting to become over reliant on it, and they are slowly growing dependent on technology to do the work for them.

Before the internet and computers, homework assignments were written neatly by hand, research was done out of books at the library, accounting and finance could be done online and the list just goes on. Everything is done without leaving the comfort of your home. When kids get accustomed

to typing everything, or having everything readily available to them through a search engine, they don't have the practice of being able to do things the old fashioned way. Writing with pen and paper takes too much effort, and going to the library is too much of an inconvenience. Through Google or any other major search engines, whatever you need is right at the tip of your fingertips.

Phonebooks, encyclopedias, newspapers, even ordering dinner and a movie can be done online. Kids are no longer entertained by physical activities outdoors. The main reason why kids go outside to play is because they enjoy it, and it gives them a chance to be with their friends. Now kids find something else more enjoyable; video games and computer games. They come home from school and plop themselves in front of the TV only to play their newest or favorite game for the next 4 or 5 hours. Once they've found their " comfy spot" they are reluctant to leave to do anything that requires physical effort.

This is where the concerned parents come in. Instead of leaving them there playing NFL 2K5 for hours on end, why not take them outside to throw around a real football? You'll most likely get a " no" from them, but be persistent and eventually they'll step outdoors. What's the worst that could happen? They would be exercising more than just their thumbs?