

Persuasive essay: video games

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Teenagers today often spend a great deal of time playing video games. These games are fun and engaging and young people often feel like playing games is a great thing to do in their spare time. However, you shouldn't spend too much time gaming and there are a number of reasons for this: it's unhealthy, you should spend more time studying, and you need to socialize more. The primary reason to cut down on gaming time has to be that youths that spend a long time on computers and games consoles are often not getting enough exercise.

With high obesity rates, it's very important for young people to spend as much time being active as possible, especially since studies show that people who are overweight during childhood and adolescence are far more likely to become overweight adults than those of a healthy weight when they're young. There is just as much, if not more, fun to be had in getting out and about and being active. This doesn't have to mean going for long runs if that's not your thing; team sports are both fun and great exercise. Dance or fitness classes are also a good option for those not into sports. Secondly, getting a good education is that best thing that you can do for your future.

If every teenager cut down on their gaming time by 30 minutes per day and used this time to study, the whole of that generation would achieve better results and be more likely to have the career that they want. With education, you get out what you put in, so it's really up to you to put in the additional effort. If you want to go to a good college, extra study in your own time will be completely vital, but gaming can reduce your concentration span and make this more difficult. The third main reason that playing video games too often is that it's no good for your social skills. Some teenagers may argue

that because they can now play their games online with friends, they are socializing in their own way.

However, you can't beat face-to-face contact, and if you want to succeed in interviews and build good relationships in later life, you need to develop some proper communication skills. This shouldn't be a chore, or difficult, because hanging out with friends is far more fun than sitting indoors playing on games all day anyway! In conclusion, there can be no doubt that spending too much time gaming isn't good for you. You don't have to stop all together, but it's all about moderation. Cut down and allocate your additional free time to doing things that are good for you, and you definitely won't regret it in later life.