

Write your answer to Section B here:

True Teen Trauma!

Do you have a bad outbreak of spots?
Do you feel massive? Are you stressed?
Read on to find out what you can do
about it!

There are so many changes you can make
to your own life! If you felt that any
of the questions above apply to you -
you've definitely come to the right
place! Whether you know this or not,
millions of teenagers feel or have felt
the way you are feeling now. Amazing
isn't it? A survey by the teen mag
'Sugar' has shown that up to 97%
of teenagers are worried about work,
appearance, family life, relationships,
or just life in general. One of the people
who took this survey had something
interesting to say. "I suffer with really

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bad acne. I was constantly teased and bullied about it. I decided it was time to take some action, so I got fit, got a special cream for my acne, eat healthily and voilla! I feel like a new person!"

Fitness

Fitness is really important, specifically for teenagers. This is because, (and I mean c'mon, admit it) of all your hormones! Hormones can make you feel angry at times - and exercise is a great way to release it! You should at least try to take part in some exercise 3 times a week. It also helps a lot if you have constant exam stress.

Healthy Eating

Okay, I admit it, I am bad at eating healthily constantly, (and probably most of you are too), but it's time to

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change that! Write down what you eat normally for a week. Then look over it, and substitute that chocolate bar to a satsuma! Healthy eating only does not extend your life - but it also makes it worth living! It is scientifically proven, eating junk food, especially when depressed, puts you ^{at} through a higher ^{risk} chance of having a heart attack so chon, finish that apple!

Spots

Every teenager is bound to suffer with spots at some age! But don't worry, there are things you can do! Though (unfortunately) wiping toothpaste on spots doesn't work. The best thing to do is to make sure you cleanse your face thoroughly & twice a day - and if you have bad acne, see a doctor. There are medicines which do help.

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All of these things should really help
you feel and look great. believe me,
i've tried them! Now, where is ~~that~~ ^{that}
~~nearest gym~~ apple?

