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[ENGL-1302-032](https://alamo.instructure.com/courses/1283417)

July 10, 2020

The importance of maintaining good health and weight control in children and teenagers

This research essay will be focused on the importance of maintaining good health and weight control especially in young children and teenagers the thesis statement will be: Obesity in children and teenagers is escalating out of control. Parent should start teaching their children at a young age good nutrition habits and limit calorie consumption to improve health. This thesis can be supported by research and statistics, now days more young people are showing health issues. This thesis can be argumentative because there are many negative factors that contribute to an unhealthy life style but some of them can be considered necessary i.e. the convenience and time saving that fast food bring to our daily life. This issue can be attributed to the fast peace lifestyle that many are forced to have and it can be just the beginning to not only health but also a domino effect of health as well as mental health issues in a human being. It is imperative that parents develop healthy nutritional habits in their children if started at a very young age is more likely they will continue with those healthy habits for the rest of their lives leading them to have a good quality life.