

## **ANSWERS – Mirjana Ćosić**

### **What is a healthy life for you?**

Mirjana: For me, healthy life is eating healthy, doing physical activities, spending time outside with the nature and of course breaks.

### **A lot of people are trying to live a healthy life. Do you think you're one of them?**

Mirjana: I like to think so... I love working out and I try to eat healthy.

### **Our school is a part of the Erasmus+ project called Health to Meet You. It's an international project where the main topic is health. Are those kinds of projects necessary to students, teachers and parents?**

Mirjana: Of course, they are! I think that they're very educative and useful, especially to teenagers!

### **What are your thoughts on the life habits of teenagers?**

Mirjana: They spend way too much time on their phones, laptops etc., they should go outside more often, and they eat too much junk food.

### **What is the main problem regarding the lifestyles of teenagers?**

Mirjana: They don't do as much physical activities as they should, and they spend too much time on their devices.

### **The survey we conducted in our school had had 300 students participating, and the results have shown that 90% of students check their phone notifications as soon as they wake up. What are your thoughts on that? Do you think the youth spends too much time on their phones and that it can lead to some harmful consequences?**

Mirjana: Yes, I find that the biggest problem nowadays. The youth isn't the only one who checks their phone notifications just as they wake up though, the adults do it too! But I don't personally check my phone notifications just as I wake up.

### **What could the school do to influence the youth's health and make their lives better?**

Mirjana: They should have more school trips out on the open.

### **What could the local community do to make the youth's life healthier?**

Mirjana: They could build an indoor pool! It would be amazing to have one so people could go swimming any time of the year.