### HOOKED BY THE NET

#### HOW PEOPLE CAN BECAME ADDICT TO THE INTERNET

#### CONSEQUENCIES OF INTERNET ADDICTION

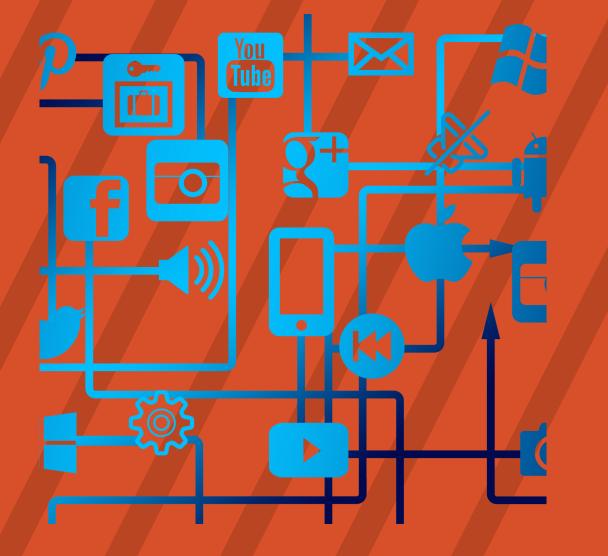
#### RECOMENDATIONS TO PREVENT INTERNET ADDICTION

People can get addict to the internet if they had suffer other types of addiction, such as alcohol. People who are overly shy also have a higher risk of having this addiction, and also the people who suffer from ansiety and depression. Even thought you haven't got anything of this qualities, you can also get attracted of the perpespective of having all kinds of informations.

The consequences pf internet addiction are the following ones: lack of sleep, extremely damed eyes, obesity, skinny, undervelopment of social skills, and anxiety.

The recomended things to pevent internet addiccion are:going for a walk outside, close your computer, you can search for the web COLA (center of online and, as last resouce, there are some drugs that could help you to stop having internet

addiction



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# MEDIA INFLUENCE ON OUR DIET

There are many ways that media can affect your perspective and can have an effect on you diet. For example, the **aesthetic apps**, by posting photos of smothies and salads makes you wnt to do the as well. **The ads** also influence you, particulary the ones of restaurants, because they make you ejwant to eat there food.

**The blogs** also have an effect on you, because you can access to many types of different diets and you see the benefits of each one.

Apps like instagram also have influence on you, because their images promove a kind of lifestyle, which can be positive if they fight against obesity, but bad if they hurt our vision of a healthy body

The sites and the social media can have a positive effect or a negative effect on us. A positive effect would be

when they promote healthy lifestyle, with accurate facts. These can have a positive effect on our diet, and because it's on the net, it can help a lot of people.

A **negative effect** would be when they promote unreal spectations of a

heathy body, and when a company wants to promote their unhealthy food on comercials. This can cause eating disorders, such as bulimia and anorexia.





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