

Skate Park Speech

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Mine is the first generation who have a lower life expectancy than their parents. My life, and my friends are the ones ~~at~~ risk. And this change in the general correlation between civilization and life expectancy is down to mainly one thing. And that thing is obesity.

The clinical meaning of obese is when the amount of excess body fat has the implications to cause health risks. If nothing is done to stop the rise in obesity, by 2050 over half of all men could be obese. Obesity affects everyone, because, not only is obesity dangerous to the people who are obese, but also the NHS spends over 6.2 billion pounds a year on treating disease caused by obesity. Some people would go as to say that obesity is bankrupting the NHS. In short, obesity is a massive problem, with its roots in exercise.

In the past, children would play for hours upon hours outside, simply because there was nothing else to do. However, in a typical afternoon with my friends, I would probably spend around two hours on the xbox. Games consoles are very popular, with people younger and younger beginning to play them, the time spent on the PS3 in place of that spent outside. ~~Over the past 20 years there has grown an unsubstantiated fear of kidnapping of paedophiles, and~~ parents are much more at rest with their child plugged into a television than they are with their children on the streets.

Most teenagers admit they are addicted to their phones and with the rise in mobile apps and gaming, people can be on screens practically the whole time. Screen obsession is what stops people from doing sport, from exercising as much.

There are sports which interest people: most of my friends attend at least one weekly sport club, but we need more than that. Some people, though the minority, can do something every day. ^{get enough exercise every day} But my parents, who both hold down jobs simply ~~don't have the time to drive me across town twice a day,~~ and I know many others are the same. Skating and activities like this should not and generally do not require a long drive; it should be something you can just do in your spare time, with a few mates.

to
and
from
a club

Larkhall football club, £90 a year. Fencing at the university, from £100 to £200 a year, add £30 for equipment. Taekwondo, £180 a year. All these prices show that sport is not a cheap thing. Most middle-class families, however, can afford it. A less well-off family though, would find the costs prohibitive. A skate park would offer equal opportunities for everyone, as a cheap skateboard only costs around £10. Equal opportunities are one of the main messages being broadcasted today, and a skate park really does offer a cheap, easy alternative to organised sport, accessible to the everyone, all the time. ~~and would be in line with the government's new~~

~~People do walk around town, and occasionally to school. But this simply isn't enough to balance the amount of calories they are taking in.~~ Young people need a place to exercise, to socialise, and a skate park is exactly this kind of place. Victoria park has this kind of skate park, and whenever I go past it, there are always groups of skateboarders and cyclists, in a social and sporting environment. People are naturally lazy, and one of the reasons so many people attend football and rugby clubs is for the communal, social aspect. If the same kind of sporting environment could be put into Larkhall, people would go skating with friends.

Even if there are people within Larkhall who want to go skating- and we and many other people are living proof of that- it is often very difficult. My brother, for instance, bought himself a skateboard, after months of saving, and now he has it, it is near impossible to find a place to skate. As I said, skating is a social thing, and with a few people starting, their friends will join, creating a skating community.

Larkhall's very own skating community.
Thank you for listening

physical activity will come.