

Young people should spend more time on cultural activities such as music and theatre and less time on sport. How far do you agree with this statement?

Cultural activities can be so much beneficial in many ways. ~~It~~they can ~~teaches~~ us a lot of experiences or even life experiences. Also ~~they~~it could be fun specially for young people who are super/extremely active. This kind of activity can ~~helps~~ them to ~~prevent~~protect themselves from depression or any kinds of negative feelings which ~~are~~is because of their age. As everyone says s these activities feed the soul. Young people have a lot of energy which ~~day~~they could use ~~that~~ in a wrong way. By cultural activities such as theatre, music ~~etc~~, they can use this energy in a right way.

Also at the end of the day they will be tired and sleep well, so in this way they will have a mentally-healthy lifestyle and boost their brain function.

On the other hand, s doing one kind of activity all the time for everyone not just young people would be boring and after a while they won't do that anymore, so they should divide their time and plan for other activities too.

Physical health is so important for all people. Physically healthy people obviously can do their everyday tasks better than other people. As the saying goes, '.....' There is a famous sentence which says a sound mind in a sound body/healthy brain is in healthy body. Therefore, s these people will make their body and their brain healthy by physical activities in this way they will get better results by doing other activities such as cultural ones.

Sports and physical activities are so important and beneficial which we ~~can not~~cannot ignore their ir value ~~of these~~. cultural activities are important and useful though. They both can influence ~~on~~ young people's life and their adulthood. ~~Depend~~ according to ~~on~~ this, s we should not choose just one of those or spend less time on sport which is a huge mistake. We have to make a balance between our lives ~~weather~~ whether we are young or not.