

Sub-heading: Negative impact of social media on youth's physical activity

One of the major negative impact of social media on youth is lack of physical activity. Due to the increased use of social media among the youth sedentary lifestyle has become the part of their life, and that has made youth more engaged in social media rather than in physical activity. Today's youth has adopted sedentary lifestyle because of lack in physical activity and excessive use of social media. According to the January 2023 Global Overview Report, in UK, nearly half (49%) parents with kids aged 14 to 16 worried about the inactive lifestyle of their children because of too much screen time. Hence, social media is playing vital role in the sedentary lifestyle among the youth.

(Word 117)