

PHYSICAL ACTIVITIES OR VIRTUAL WORLD?

Abstract

Without drawing sweeping conclusions because of the informative aspect of data collected, it is obvious that the Internet, computer games and social networking sites are taking more and more powerful positions among the youth. This tendency may have a positive as well as a negative effect on the growth of a healthy and productive generation. A crucial problem of our age is to bring up a physically and mentally healthy generation since a country with health-deficit will take a disadvantageous economic position.

Key-words: *physical activities, virtual world, 'Z' generation*
