

Obesity is now a major global epidemic. What can be done to tackle this increasingly common problem?

Unfortunately, today, obesity is a growing prevalent challenge/disease. Undoubtedly, numerous factors can be considered the underlying reasons which bring about this issue, but there are some reliable solutions which can be tried.

Although a number of reasons have been put forward for this, ~~but~~ by far the most important is the invention of various labor-saving devices, which have made people much lazier than they used to be. For example, in the past people had to be more active for doing household chores, but, these days, many different smart gadgets including the washing machine, the vacuum cleaner and much more besides, have been made to do work/chores errands instead of human beings. As a result, nowadays, people lead much too ~~much~~ sedentary a lifestyle compared to their older generations.

Furthermore, the emergence of fast food has led to people consuming an increased caloric intake than they need. For obvious reasons this kind of food makes individuals eat excessively because not only are they tastier than traditional food, but also they are more available ~~contain much more fat and calories~~, not to mention ~~ed~~ that they are less time-consuming which is adapted to today's pace of life, so that it leads to many, especially employees turning to fast food due to their ir time constraints, which result in putting on weight.

However, there are some practical ways which can be employed in this regard. A first step is for governments to raise public awareness/the awareness of public about the threatening side-effects of excessive consumption of these unhealthy foods. For instance, handing ~~people~~ out leaflets, the state could educate citizens this way. A further solution is incumbent upon people in charge of workplaces. That means managers can allocate a specific time for workforces to do exercises.

In conclusions, I would argue that the government and some relevant organizations can take measures in order to provide environments for individuals to turn to sport much more as well as giving them information about the numerous detriments that those foods have. In this case, we can hope that obesity will decrease.

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