In some countries the average weigh~~t~~ of people is increasing and their level of health and fitness is ~~are~~ decreasing .

What do you think are the causes of these problem~~s~~ and what measures could be taken to solve them.

In this day and age we observe that people suffer from obesity .Regardless of age or gender, overweight is a general problem.

first,we have to carefully consider ~~carefully about~~ what we have. ~~?~~ Eating pattern~~s~~ are ~~is~~ one of the important elements , because the only way to gaining weigh~~t~~ is swallowing. Today we prefer to ~~made~~ make or order fast food for time ~~concentration~~constraints. These junk~~y~~ foods are full of saturated fat and free of valuable nutrition. .

Second ,I think we have a more sedentary lifestyle than the past .Thank~~s~~ to technology improvement/progress we are not oblige~~d~~ to do labour work/task which require~~sd~~ more body power .Instead of human~~s,~~ machinery ~~equipment~~ do hard or heavy functions as well as ~~for~~ complicated computing ,~~computers help us~~ .As a result of these we experience an easier life with low physical activities which can lead~~s~~ to decline in ~~of~~ social ~~society~~ health.

Third ,one of the effective factors is ~~are~~ advertisements on TV or on the Internet or every public place . Almost always they encourage us to buy more and consume more. Therefore, the youth are prone to developing bad eating habit~~s~~ such as ~~for example~~ chips.

The last but not least is how to spend our spare time. Watching TV is the most popular hobby which can lead~~s~~ to being a couch potato.

In conclusion, from my point of view ,we should focus on cultural issues to solve the health problems arising from malnutrition.not only should we ~~do we should~~ increase our information about calories of food but also do exercise in our free time .This goal affects ~~effect~~ almost every aspect of our life , hence It needs a powerful ~~powefull~~ will to follow~~ing~~ the best solutions.If we fail to do so , we will face serious problems in future.

we can swim~~ming~~ rather than sit in the theater and watch~~ing~~.