

According to researches ~~had~~ done by Australian nutritionists, statistics proved that the average weight of people in Australia has been increased about twenty percents in the past two decades and also the results were mostly the same in some other countries which has led ~~leaded~~ to a drop in people's physical health.

Without ~~Whithout~~ doubt fast-food is one of the main reasons of overweight ~~issue~~ in the twenty first century. A great number of city dwellers ~~dewllers~~ don't have enough time to cook and fast-food is not only ~~is~~ delicious but also very cheap, so it is more economical than the food they used to cook which is healthier. Although fast -food is quick as well as cheap, they will contribute to various types of deseases such as heart infarction and over-weight problem.

Immobility plus lack of adequate exercise has been tackle the levlels of health during past decades~~????~~. Beacause of the many ~~vas~~t hours of working in mega cities and even in small towns they can't exercise sufficiently so the result is decreasing individuals healthiness and also fitness altogether. Governments should take a serious actions in case of these issues because the more time is passed, the more dangerous it will be.

Educating people about the consequences of inaccurate diet, immobility, obesity and decline of their health which schools and medias can play a great role in by promoting the value of being healthy, demonstrates the outcome of unhealthy selection of food. Equipping offices and departments with sports facilities can be a very functional alternative owing to the fact that some of the employees don't have enough time to join sport clubs.

Overall, physical health issues are significant problems for society as well as governments so confronting them is ~~are~~ vital. Personally, I think that people play the biggest part in this matter, they have to take every measure because reduction in their health affects them at first although - ~~Although~~ it puts pressure on ~~attacks~~ government by increasing the budget they have to spend on health care.