

Many of the diseases which afflict people who do office jobs are the direct result of a sedentary lifestyle.

To what extent do you agree or disagree?

Give reasons for your answer.

In **these previous** decades, the rate of inflation are obviously increasing. Providing the welfare, people restrain themselves to do any jobs which causes ~~to~~ fatal diseases. I deem that the huge numbers of traumas have certainly stemmed from a sedentary lifestyle.

First of all, the more monetary needs, the more requirement to work hourly. Nowadays, employees do not pay sufficient attention to how their body is in danger. They opt for **desk-bound** for 9 hours daily ~~cause~~ to feel the backache rather than spending their time for inner satisfaction as well as their healthiness. Not only does steady workplace affect the muscles and bones, but also it takes up most of the time. For instance, I as an employee who spend the majority of time at work suffer from severe pain on my hand which results from working nonstop with mouse and keyboard. Further, I always loss the opportunity of stretching out my arms and legs.

Second of all, as such, stationary workplace decreases our energy to do any exercises but we can have a daily schedule for preventing these ailments. Furthermore, we can require any helps from orthopedist to do several motions between our hard work. In addition, there is the fact that doing yoga regularly leads to a painless lifestyle in terms of psychological or physical. This clearly **debunks** the idea that people need to uplift their spirits instantly. Hence, doing exercises increase the passion of life.

To sum it up, in my estimation, there is no doubt that majority of people **afflicting** diseases are those who have a sedentary lifestyle and they should not **loss** their worthwhile seconds to care for themselves.

Melika Nafare