

In some countries, the average weight of people is increasing and their levels of health and fitness are decreasing.

What do you think are the causes of these problems and what measures could be taken to solve them?

These days the number of people who are overweight is growing in developed and developing countries. There is a correlation between how much fat we have and our health condition and this relation has been imbalanced in these countries. What ~~have-has~~ been disturbed and how can we ~~can~~ fix it?

First, today's life intertwines with the sedentary lifestyle. We have to sit and work with computers and it would be difficult to find a job involving physical activities. Moreover, we used to walk or run before invention of automobiles ~~which and it~~ kept us fit and healthy but sadly people these days do not use their ~~feet-feet~~ anymore and even employ some personal electric vehicles to transit short distances.

Second, humans s have access to more food resources than the past owing to modern agriculture and food transportations. Today, we produce tremendous amounts s of crops and meats; thanks to technology, they are available and cheaper than the past and we can open the refrigerator's door and eat as much as we can.

Now, if we want to tackle this problem, we should modify our lifestyle. Primarily, it is necessary that we stand up and walk again and we need to introduce new methods for working. For instance, there are some new tables designed to work~~ing~~ in both standing and sitting position that helps us to burn more calories. In addition, it would be practical if we could restrict our calorie intake. Although we have access to rather infinite~~ive~~ food resources, we should overcome our evolutionary desire asking us to eat as much as we can.

In conclusion, modernity ~~have-has~~ brought many advantages to human life, however, some of them are unlike our longtime behaviour and it has caused some troubles like obesity and it would seem that humankind should employ ~~their-his~~ brains again to ameliorate the situation.