

In some countries, the average weight of people is increasing and their level 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?

Weight and health have an adverse-inverse proportionate and whenever the first factor increases the standard level of second one decreases. Since the obesity has been called the mother of some fatal diseases like heart attacks and is a preventable and curable illness, trying to lessen its consequences would be the best way of eradication.

The first step is recognizing main factors of overweighting. The major reason involves is life style including food, sleep, job, hobby and physical activity. Eating high-fat food can both manipulate our taste and transfer our false dietary pattern to the offsprings. Resting either more or less than the proportionally average time, to a great extent, leads to getting fat and deformed. The two other relevant agents are long-sitting jobs behind table and machinery activities at home. Despite all available obstacles, as the saying goes "when there is a will there is a way".

For handling this pervasive problem there should be a real understanding of health and happy life correlation through society. Only when we have a perfect community, are we healthy in all aspects. The First stage is making people aware of the deadly results of fatness. Offering and inspiring people to follow proper health paradigms in eating and sleeping is-are the basic demands. Persuading juveniles to have more activity bodily hobbies than video games-types is the other next step. Providing gyms or other sports facilities in accordance with people's budget and free time is almost the last crucial action which should be taken.

To sump up, I opine that it is incumbent on us to protect our body against sicknesses and although a huge plan should be conducted for rebuilding such bases of society, we must remember that our next generations are worth being will be physically and psychologically healthier.

