

Today's society provides people with various ways to lose weight, such as special diets or exercise regimes. Many people believe though that poor food and today's lifestyle should be addressed first.

~~Inflicting~~ ~~afflicting~~ a growing number of people every day in the world, obesity is recognized as one of the most serious, chronic diseases of the century. Although experts intend to find different solutions for addressing the issue, the main causes of this quite newly emerged disorder should not be ignored.

In this day and age, huge numbers of people who are struggling with overweighting make the specialists look for new remedies and think of innovative treatments helping them to lose weight easier and quicker, **hence** the hot market of various diet supplementary products. Many individuals, especially younger ones, may resort to any treatment such as joining heavy exercises or taking chemical medicines to stay fit regardless of the real reasons behind leading them into this condition. They only seek the shortest possible way to keep them in shape obsessively.

To keep up with the pace of the modern life style, that it is inevitable for people not to spend long hours sitting and working with smart devices. No more longer do jobs require physical activities. The more automated societies become, the more people engage in sedentary tasks. Therefore, while humans have been allured by the power of technology, they are losing their health to it by putting on weight.

In my opinion, all the remedies addressing this problem can be only short-term treatments and people must definitely reconsider their life style through adjusting their eating habits as well as allocating enough time to exercising before it will be too late for recovering.