

- 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?

It may not be a surprising subject in these and days that overweight is increasing among people in various countries. There are various views regarding the root cause for this trend and enough is said about the treatments and solutions to ward off the issue. This essay intends to elaborate on fast developing technology, ready-made foods and some rare diseases as culprits. In different views solutions were given as some changes in the workplace and integral changes in staple foods.

First reason that with no doubt had effect on overweight of the majority of population is development of technology in the world. Technology cause people to move and have Physical activities less than before. To elaborate more an example will be given. Employees are all day busy with their daily tasks and mostly do not give specific time for their sport and exercise. It is obvious that less activity may result in weight gain while receiving the same amount of energy. Now the question is “how to overcome it?”. First thing that can be done is that companies give a specific time for employees’ sport and physical activities. Second, employers can provide sport facilities for the employees to be used somewhere inside the workplace. For example, in a company where I work a dedicated sport trainer is hired to give stretching exercises during the working hours to employees. In addition, some companies give free facilities to their employees for gym or doing some sport activities.

Second main rou case can be high consumption of fast foods which became a trend these days. In this fast pace life and work people tend to use snacks or fast foods and overlook the high calorie of them. To overcome this issue officials need to pay more attention to fast food consumption through encouraging development of healthier restaurants. Moreover, raising awareness can be initiated in the population and train the public to look for healthier foods.

Last reason for increasing overweight may be some rare diseases, which in some cases does not have any clear solution. Some medications have this side effect which will cause weight gain which in most cases it-is inevitable.

To conclude, as mentioned above earlier three main reasons may justify the increasing trend of overweight, new technology, ready made foods and in some

**cases rare disease and the medication can be main causes of gaining weight. Few suggestions were also given for controlling these issues related to overweight.**