

## Book 13, Exam 2

Many working people get a little or no exercise either during working day or in their free time and have health problem as a result.

Why do many working people not get enough exercise? What can be done about this problem?

Nowadays due to people's carbon lifestyle, people especially clerks don't get the enough exercise as their body require. The majority of working people put themselves in risk of chronic diseases by low level of physical activities. In this essay, I am going to consider the main important causes and the ways we can address this issue.

The main significant parameter is lack of time which don't let this certain group of people either to go to a gym or work out in their own. Indeed, the majority of their time is allocated to their career as even they usually work overtime to show their perseverance and qualifications due to their greed to gain a higher position in their company. It is crystal clear that sitting all day basically causes gradual health hazards. Another remarkable factor is people's desire to avoiding discomfort. When you talk to people in this regard, lots of them claim that they don't like to get exhausted or get out of breath or even have their hair missed up after vigorous-intensity activities.

There are some solutions to solve this issue, the first substantial measure that government can adopt is to hold different workshops in order to increase worker's knowledge towards exercising and risks of sedentary life. Besides, government can define a compensation such as a tax rebates for employer who provide a free work-out facilities for their member of staff during scheduled time shifts. Last but not the-least, people should determine inner self-motivation for themselves to get involve d inwith sports in long term, because the strongest incentive for exercise attribute to people's mindset and attitudes.

To put it in a nutshell, there is more to life than just working and making money. Therefore, working people should learn time management skills to be able to devout adequate time for every important dimension of their life, for instance their family or their health. Exercising not only help physical health like strengthening the immune system and mussels but also has an incredible effect on mental health which cause improving people's life quality and it is worth to spend time, energy and money for that.