

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?

In recent decades, Individuals have put on an immense amount of weight in an array of regions worldwide, and obesity and slothfulness have widely known as commonplace troubles, despite the fact that they know this would jeopardise their health and fitness.

This phenomenon is predominantly an account of the fact that people have got used to a sedentary lifestyle. They typically sit on a chair, while they are at work. Similarly, no sooner do they arrive home, than they surf on the internet, and watch TV. Rarely do they attend sports clubs on a regular basis, or take cardiovascular exercises. Besides, it should be borne in mind that in this day and age, the masses are intricately involved with their personal affairs; therefore, they do not illustrate a pronounced tendency toward any leisure-time activity, like workout. Furthermore, compared to the past, individuals' diet has been replaced by unhealthy food, such as fast food, which people frequently resort to eating them, given that their time is often limited.

To persuade people to be keen on getting exercises as a routine practice, authorities and health organizations ought to enter the equation before it comes to the crunch. This issue will not be addressed by compulsory policies, but by encouraging people to live healthier. Establishing sport and fitness complexes, and promotions about living healthier in mass media are some cases in point. Drilling

students in a rigorous definition of well-being would be effective as well.

To conclude, obesity and an unhealthy lifestyle could be seen in the majority of nations, owing to the evolution of societies in both personal and social spheres of human lives. This could be not a perennial obsession, and it would be overcome, if people truly ~~be-~~ became aware of a decent style of living.