

Doctors in many countries say that people do not do enough physical exercises. What are the causes of this trend? How can the situation be improved?

Regular exercise has been proven to be of immersed benefit to body and mind. In the recent computerized-modern era, lack of exercises can cause risk to diseases such as obesity, artery, heart attack and other chronic ones. Such a staggering number of obesity has made the experts search for the underlying causes. A wide array of reasons can be declared such as business, unwillingness and no access to sport centers. By knowing the reasons governments can remedy the situation for having healthier citizens.

Firstly, In today's world people mostly have to toil from day to night to make a living, so they have fewer time for doing physical activities. In second, as a result of overpopulation and expanding the size of cities rarely can we find people walking and not using automobiles for commuting. In addition, people mostly prefer to spend their leisure time surfing on the internet or watching movies instead of going out and soaking the fresh air while doing workouts.

Exercising shall be a part of the daily routine for everybody, it is better to train people to unconsciously set aside a time for physical activities. Media can play an active role to make exercising a priority for people by using advertising tools. Companies can establish contract with gyms for their employees and motivate them to doing exercises, although it seems to be capital-intensive for governments at first but the experience proved that pale into insignificance compared to the cost of health services.

In conclusion, it is an unwritten fact that by committing doing exercise it will become a habit that people cannot leave it away easily. Hence, preparing some prerequisites such as convenient sport spots, people tend to work out more and leave life healthily to the full.