Nowadays people have adopted an unhealthy lifestyle. Why do you think this is? How could this problem be solved?

Although one of the most important goals of developments in technology is to improve quality of life, it is claimed health problems are becoming more widespread in parts of the developed world. While various reasons lead people to choose an unhealthy way of living, there are many measures that **the** government can take to tackle the problem.

There are diverse factors which affect people's state of health. Firstly, people's daily routine is increasingly sedentary**.,** with the emergence of technology**,** a vast majority of household chores have been done by machines and most of the people tend to do desk jobs which require**s** less physical ~~activities~~**activity**. Secondly, some of the people rely on pre-prepared meals and fast foods which mostly consist of too much salt, fat, sugar and stale ingredients. Finally, the modern lifestyles are extremely stressful because people have to work long hours with strict deadlines and have less time to relax and put their mind at ease.

To remedy the situation, the government can play an active role by adopting different methods in informing people about healthy issues. Warnings about consequences of unhealthy lifestyle will motivate people to change their way of living**/life**. Besides, **the** state can supervise the food industry to control the food production and the quality of ingredients. In addition, **the** government can play their put by banning junk foods from school menus and commercial advertisements.

In conclusion, people's life ~~have~~ **has** become unhealthier since they ~~have not~~**do not have** adequate time to cook, exercise and rest. **The**

Government can take various steps to mitigate the effects of a hectic lifestyle on people's wellbeing.