

In some countries, the average weight of people is increasing and their level of health and fitness is decreasing.

What do you think are the causes of these problems and what measures could be taken to solve them?

In today's world, health issues, especially the matter of obesity is one of the gravest problems of different countries. There are several origins and remedies for this phenomenon which will be discussed in this essay.

Perhaps the main reason for resurgence of obesity in some countries is the perpetuation of consumerism. In fact, as time goes by, the number of advertisements which encourage people to eat and consume more are soaring. One salient example of this is the Macdonald's chain restaurants which present cheap and scrumptious food to people. Another root of this problem is the inexorable development of technology. As a matter of fact, modern life is surrounded by an avalanche of different technological gadgets and applications easing the process of every daily task which might appear attractive at the first inspection, but in a deeper insight its problems will be revealed. For example, people nowadays prefer to do most of their bank imperative tasks through using the internet. This leads to a decrease in the level of their activity and can be a breeding ground for exacerbating the rise in people's average weight and generally health issues.

Turning to possible remedies for this problem, the first solution will be putting some restrictions on advertisements of junk foods. In this stage, this is the duty of the government ~~that~~ by legislating proper laws to put some stumbling blocks on-in the way of companies and people who produce these types of foods. The problem is huge enough that transcends the government, and-so families should have participation in solving this problem. By which I mean, families should put time for preparing homemade and healthy meals for their children and also give them some advice about consumption of junk foods and lack of exercise.

Overall, it seems that the origins of this problem are laying behind the spread of consumerism and technological advancements in some countries and suitable governmental legislation, caring and education from families are the means for wrestling with this problem.

Time: 42 min