

- today more people are overweight than ever before
- what in your opinion are the primary causes of this?
- what are the main effects of this epidemic?

~~On-over~~ the two past decades, the number of people who ~~infect-suffer from~~ obesity ~~are-have been~~ increasing day to day.in this essay i will try to describe the main reasons and impacts of this problem.

I think that, the foremost causes of overweight are unhealthy food habits and sedentary lifestyle. These days, most of the people tend to ~~more~~ consume ~~of~~ fast foods and a variety of beverages more which in turn may result in eating irregularly and receipt high calorie foods that finally will lead gain to weight gain. Moreover, due to changes over-in people's lifestyle they are more relying on cars instead of walking for short distances such as from home to work as well as less physical activity in work environments which leads to end-up less burning of extra calories and lastly overweight.

In addition, the possible effects of ~~the~~ obesity include disorder in vital organs of the human body and heart diseases. first of all, as i mentioned before obesity has shaped as a result of the incorrect function of the human body and contributes to developing some chronic illnesses. for instance an obese person is more exposed d to the risk of diabetes ~~affliction~~ and heart attacks than a person with a normal weight. secondly, overweight people always feel tiredness so they have to make more efforts to fulfill tasks while others do the same very easyeasily. Furthermore, they ~~lost-lose~~ their physical abilities through time ~~that-which~~ would lead to a decrease in job productivity. Therefore, they encounter ~~with~~ limitations for job finding.

All in all, unfortunately more people suffer from severe obesity nowadays. to sum up, this problem is caused by inactive lifestyle which causes heavy financial pressure on both governments and patients.

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