

Many working people get little or no exercise either during the working day or in their free time, and have health problems as a result.

Why do many working people not get enough exercise?

What can be done about this problem?

In this day and age, we figure out that people are having less activities in their life and the tendency toward sedentary life style have been increased drastically which also this inactivity could give rise to chronic a diseases, obesity or heart diseases which has been the leading cause of death and unfortunately nowadays, physical inactivity is a common issue in workplaces and measures should be taken by governments and employers to address this problem.

There are several reasons for this matter, first of all, due to improvement of technologies, most of the tasks will be done via modernized computers which you can only give command to it-them and there is no need for further activities. Secondly, most of employees spend most of their time in the office and by the end of the day they are worn out so there won't be any energy to attend at-the gym for having regular exercises.

Although there are many concerns regarding sedentary life especially in offices, companies come up with effective ideas. for example, they dedicate a-some space to provide gyms with the latest equipment for the employees in the workplace in order to motivate them to have daily exercises. moreover, some companies develop the idea of exercising together during working hours. They devote 15 minutes of their time for exercising with other employees s twice a day in order to refresh their mind and being away from their seat.

In conclusion, physical inactivity can have serious implications for people's health and the medical treatment for this issue involves great expense. I reckon that for those employees s who have a less active life, employers should propose new solutions in order to keep the healthy lives life-s' of their employees.