

People are less fit and active nowadays than in the past. What are the reasons for this? What do you think can be done for it?

Due to ~~the~~ modernization that has taken place in today's world, people do not pay full attention to their health because of the extreme pressures they have in their work's life. In my view, there are two major reasons for this situation which include unprecedented developments in the fields of science and technology and also changes in the today's job features which lead to ~~increasing-spreading a~~ less active lifestyle and decreasing fitness levels among the general public.

First of all, by the emergence of cutting-edge technologies, ~~the~~ present generation ~~have-is~~ engrossed too much in them which has reduced the need ~~to-for~~ physical activities to a great extent. For instance, electrical appliances and a wide range of machinery which have altered the way people live completely so that they do innumerable tasks which were performed by work force in the past. Moreover, today's businesses require sitting on chairs long hours and completing ~~them-their work~~ ~~with~~ using computers rather than working in their traditional form. Therefore, these advanced technologies have ~~increased-promoted/encouraged~~ sedentary lifestyle which has led to people feeling lethargy due to their low ~~levels of~~ activities so that they are more prone to diseases such as obesity.

I ~~think~~ argue, countless steps can be taken to persuade individuals to stay fit and active in this digital world which include the following steps. To begin with, authorities need to pass ~~the~~ laws in order to ~~providing-prove~~ suitable ~~welfare-sport~~ facilities in organizations to encourage people to exercise. For example, the possibility of bathing in the work place. What's more important is that officials should raise people's awareness of detrimental consequences of sedentary lifestyle by running more and more ~~informative-gatheringgroup sport activities~~ to promote ~~the~~ health benefits of doing exercise.

In conclusion, there are ~~a~~ variety of factors that have led to ~~make-creating~~ this problem. It may not be possible to find a complete solution of this so that this could probably be solved by governments as well as the people themselves. It is rightly said that a healthy mind stays in a healthy body.