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In some countries the average **weight** of people is increasing and their levels of **health** and **fitness** are decreasing.

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

Nowadays, people are faced with obesity, diseases as well as an unfit body in some countries. It is necessary to find why this is happening, and as well as also presents some solutions for dealing with this problems.

Unbalanced d diet is the main reason for overweight and health issues among people. It has two main reasons s which in turn renders people to obesity obese and with many diseases. For one, fast foods which have high amounts s of energy have significant portion of the daily diet and people prefer eating them more than home-made foods. For another, although junk foods are very delicious, they are not healthy. That is why because those foods are not prepared with healthy ingredients and need to be fry-fried with oil which faced. For example most of the family-families who eat French fries, Hotdogs as well as Pizzas are faced with overweight children over-weight and some science-scientists believe that one of the reasons behind outbreaks s of cancers is this unhealthy food.

Furthermore, sedentary jobs and modern life style are the main reason which decreased d daily physical activities and lead them people to be fat and loss-lose their fitness. For instances, most of the jobs are required sitting in a chair office and working from dawn to dusk while wet they do not have not enough activities, as well as children who prefer to play with video games instance-instead of going out and playing with their peers in parks. Less daily activity has caused people to health problems and many diseases s such as cardiovascular disease or lever-liver problems.

A possible solution in order to improve people's s health and fitness could be to motivate people for daily sports and physical activities. For instance, Jogging in the morning and evening, and taking regular activities are very useful for families. In addition raising public awareness regarding the disadvantages of junk food and benefit of a fit body are the other methods which are necessary to encourage people to change their food program and replace fast foods with home-cooking-cooked food.

In conclusion, sedentary jobs s, modern life style and unbalanced d diet have led to the decline in health and fitness and increased d the weight of many people in some countries. However, those problems can be dealt with if people increase their daily activities and are informed regarding to-drawback s of fast food to change their daily food program.