

March 13, 2021

Nowadays, it is easier to maintain good health than it was in the past. Agree or disagree?

It is absolutely undeniable that having a healthy lifestyle is effective in every individual's life. The question, however, arises as to whether it was difficult to preserve good health in the past compared to today or not. I wholeheartedly adhere to this belief that nowadays it is not easy to keep good health for some main reasons which I will explain at length in the subsequent paragraphs.

To begin with, nowadays people are more struggling with their hectic lifestyle, so they have less time. In other words, today individuals are extremely busy especially with their jobs, so they do not have adequate time to prepare fresh meals s for themselves and they gravitate to ready-cooked meals most of which ~~which most of them~~ are junk foods and do not have rich nutritional value which can cause serious health problems. Besides, having less time does not lead to people doing physical activities or going to the gym. Therefore, it goes without saying that nutrition and exercise are the two main pillars of good health which nowadays are downward because of increasing hustle and bustle of people's life which has limited their time, thus it is difficult for people to maintain it. preoccupations

Another aspect which I should point out is that having good health is not only related to physical health but also it is influenced mentally. In apposite words, fundamentally the word "health" refers to a state of complete emotional and physical well-being and as a matter of the fact mental health is one of the most important ~~today's~~-issues today. Modern life and technology especially the internet are the chief causes of humans' mental health disorders, so nowadays people have new difficulties to face that make it harder to retain their good

health. The best example is, using social media such as Instagram has caused many women to lose their confidence owing to the fact that they are comparing themselves to Photoshop photos of models constantly which increases stress and, thus impairs their mental health. Hence, as is clear today's modern life has caused irrecoverable damage to people's mental ity which has made it difficult to protect/maintain/preserve.

Last but not least, some people believe that technology and health facilities are extremely beneficial for conserving people's good health. ; however, I strongly believe otherwise maintaining that this way of thinking is not but the narrow-minded attitude which overlooks the importance of the abovementioned facts.

To recap, on the basis of the reasons that were mentioned above, in my view nowadays it is more difficult to sustain good health compared to the past decades.

I have 5 friends 2 of whom live in Italy

I have 10 suitors one of whom is very good