

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?

In the modern world, the number-size/level of overweight population is at an alarming rate whose health is being threateneding by several diseases such as obesity or heart attack. In my opinion, to resolve this issue, both the individuals and the states will have a significantly positive role to play.

It is undeniable that living in big cities in this era has been obviously changed compared to the past. Firstly, the majority of people have a sedentary life due to the advanced automatic machines in factories and in workplaces. Most tasks are being done by the machines and there are fewer manual jobs in a day. Consequently, the human physical activity is decreased. Secondly, they tend to go to work by car instead of walking because the distances are typically long. In addition, they are usually full-time employees whose jobs are required long sitting in their office in front of the computers and besides they fail to practice some physical activities during the week. Finally, having an unhealthy diet has a negative impact on individuals' health such as fast food which is quite irresistible especially for the children.

In my view, to cope with this problem both the individuals and the state should cooperate in conjunction to achieve a **highly effective result** in a limited time. On the one hand, the people should be educated to alter the lifestyle. For instance, although it is hard to reform the routines, they should obligate themselves to walk to work for some time in a day and they should follow a healthy diet to eat more vegetables and fresh food instead of prepared meals. On the other hand, the government should impose some rules on the employees to do some exercise while at work. Furthermore, if the states construct some easily accessible public sport centers at every point of the city, there will be the fewer excuses to neglect physical activities from the daily schedule.

In conclusion, living in the machinery-dominated world/mechanical world has had a negative impact on our individuals' life such as obesity due to the decline in of physical activities in the daily routine and having an unhealthy pattern of eating in every household. to resolve this issue the people should try to modify their lifestyle and the government should provide the public facilities to encourage them to be more active in sport clubs.