

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.

The problem of becoming overweight has emerged as one of the newly controversial problems, facing modern humans in the twenty first century, which can obviously threaten any person's health and fitness. In this essay, I will discuss the main reasons of this issue and also some recommended solutions of each.

Today, fast food has overwhelmingly entered ~~to~~ daily nutrition plan strongly, which are mostly made of unhealthy over-consumed oil, the more fast food they-people use, the more obesity and heart disease they suffergot through. In recent researches, scientists have found that using too much fast food has resulted in many heart attacks and incredible obesity among the youth and adolescents. Furthermore, with technological development ~~by developing technology~~ people became more and more lazy unconsciously. For example, whenever they need to buy something, they could easily order it online, or for cooking, there are a lot of precooked foods available which ~~those are~~ only needed to be put in the microwave for few minutes. In addition, Communicating with other people are-is no longer face to face most of the time, they just connect with each other through audio and video calls. Last but not least, most of the current jobs are sedentary without any movement. Therefore, due to all these reasons, less activity and unwholesome foods will followare-concluded.

In my opinion, ~~the a~~ few of the best ways to overcome this problem are consulting with nutritionists s and controlling /balancing the amount of input calories and daily activities. There are lots of wearing gadgets s and cellphone applications available, which can demonstrate the amount of calories that you use among-during your daily life and those you earn through your daily foods. Thus, you can manage to set a balance between these two. In this regard, using less fast food and having more activity could have an essential influence on.

In conclusion, we must take into ~~put in the~~ consideration that although fast food are-is easy to use and delicious, it can be insalubrious for our body.

Furthermore, we should be careful that sometimes the technology not only ~~do~~ does not prepare a better life for us, but also could harmfully affect~~ed~~ our health. Therefore, we need to keep an eye on these bad consequences to prevent obesity and other derived illnesses.