

**The growing number of overweight people is putting strain on the health care system in an effort to deal with the health issues involved.**

**Some people think that the best way to deal with this problem is to introduce more physical education lessons in the school curriculum.**

**To what extent do you agree or disagree?**

In today's world, due to the rise in fast food consumption and a sedentary lifestyle, the problem of obesity has emerged as one of the most controversial issues facing humans in the twenty-first century. Some people argue that putting more physical exercises in school programs is the best solution to tackle this issue. In my opinion, this idea could be efficient, although it is not sufficient for solving this problem. In this essay I will also explore some other factors in this regard after addressing the discussed idea.

On the one hand, increasing children's activity in any aspect could be useful for burning unnecessary detrimental fats in their bodies. These activities surely include the sport lessons in their school curriculum. Furthermore, when children get used to playing sports, parents are more likely to get involved at the off-school hours, hence ~~Hence the a~~ more exuberant life for the whole family.

~~On the other hand~~, another point to consider is the awareness of proper nutrition. In other words, sticking to a healthy diet, avoiding to have oily food in daily diet, and using vegetables are some simple tips for having a healthier body. In this regard, ignoring harmful (unwholesome) fast food could play an essential role in promoting body health.

At last, the main conclusion to be drawn from this discussion is that for the problem of deteriorating public health due to the growing ~~the~~ number of obese people although adding sport courses in schools programs s is helpful, the nutritional point of view must also be taken into consideration. The combination of these two, not only would prevent fatness, but also would immunize people against other diseases.