

Q:

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 number of people suffering from overweight has been increasing remarkably in recent years. From my vantage point, unhealthy food diet, living under stress and lack of physical activities are among the main factors triggering people to gain weight abnormally.

To begin with, consuming ~~the~~ unhealthy food, people are prone to a variety of disease such as overweight and obesity. Indeed, consuming fast food ~~have~~ has been quite popular among ~~the~~ young generation. Parents and tutors may take more responsibility here and explain the devastating consequences of consuming fast food to them. In addition, it would be a more constructive approach if schools added some courses about healthy diet. This may help students give pay more attention whatever they eat.

Last but not least, people's well-being issue is a critical topic and it should not be neglected. Governments should utilize remedial tools not only to motivate people to consume healthy food but also to decrease the popularity of fat and high-calorie foods among people by imposing extra tax on them. For instance, ~~the~~ government should force ~~the~~ media to prepare TV programs ~~which~~ discussing the advantages of consuming vegetables and fruits. Also, Governments are able to introduce a ban in media which prevents advertisements of fast food and unhealthy foods. Furthermore, governments should provide facilities to encourage people to do sport regularly. According to "World Healthy" magazine recent survey, conducted in 2018, the majority of people have spent less than 5 minutes per day for physical activities in developed countries. This is even worse in developing countries. One of the main reasons of this is about the lack of sport facilities. Although much ink has been spilled over this issue, nobody really cares about it.

To sum up, to prevent spreading overweight and obesity among people, it would be imperative that people consume healthy food and governments should be involved in this issue to provide sport facilities and increasing the popularity of healthy food in ~~the~~ society.