

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?

There is no little room for doubt that being overweight is one of the fastest growing problems in the world and unfortunately obesity put life of human at risk.

This issue should be viewed and analyzed from multiple perspectives. The biggest cause of rising obesity among people is their lack of activity and inappropriate lifestyle. For example eating dinner lately and using junk food frequently. Hardly is there a restaurant you can find that serve healthy food so that people condemn to use unhealthy food. Because of lack of time and busy lifestyle, citizens around the city are encounter to stresses and so many mentally problems that causes of obesity.

According to the research, the doubt about the relation between lack of sleep and being overweight is well-grounded and people who are sleeping less than eight hours have double chances to being fat in comparison with those who sleep well.

The government is concerned that the upsurge in rate of using fast food could have detrimental and lethal effect on people and a considerable fund should be allocated to this subject in order to stablish sport center around the country to motivate citizens to fulfill their leisure time with healthy activities instead of dull ones.

Unarguably, the improvement in people's lifestyle is owes much to media advertisement so that they can play a big rule for motivating people to have a healthy life. For example youngsters are captivated by superstars of cinema and media agencies can use their attraction for this social responsibility.

In the light of above facts, general awareness of this issue should be more bold among society and I believe that most obesity are unconsciously, rather than intentional and we have to care about it as much as other concerns in our daily life.