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?

Today's modern world has witnessed an increase in the average weight of individuals in the last few years, which has definitely decreased the level of health and fitness among people. In this essay I will explore some of the most significant reasons for this phenomenon and also propose few solutions for tackling this issue.

First of all, due to improving technology in different aspects of human's humans' life, jobs have become more sedentary, hence less activities in any individual's daily hours. As a case in point, previously, when a trader wanted to buy and sell something, he had to go to the market, but now he could easily just double click on the purchase command on some online websites and try to sell the purchased good by placing some advertisements on the same or different pages. Moreover, fast food, whose physical drawbacks has significantly proven these days, has become more widespread. People are always in rush to catch up with this changing world, thus they prefer the fastest way to feed themselves, which is nothing but different types of junk food. Whereas, there are mostly much of detrimental fats in these kinds of foods, the obesity become more prevalent. Consequently, improper foods and lack of mobility have caused a huge augmentation in people's average weight.

However, like any other problem, this one has its solution too, one of which is monitoring food factories more severely. To make it crystal clear, in my opinion, authorities must pay more attention to precooked meal and fast food restaurants. Not only should these food be observed for their ingredients, but also the governments must impose some extra taxes on them. Therefore, the more expensive they become, the less people can afford to buy them and finally the demand for these food would decrease. In addition, allocating specific time in daily plan must become mandatory in different ages. For instance, some sport courses in school curriculums for children or even exercise breaks in companies for employees to leave their seating position and have some physical activities during their working hours. Undoubtedly, these apparently simple keys can gradually diminish the obesity rate considerably.

In conclusion, the obese population is one of the unfavorable consequences resulting from today's unhealthy lifestyle. Having a more nutritious and healthy

diet accompanying with some daily exercises can practically help (to) addressing this problem.