

Science tells us about the activities which are good for our health and others which are bad. Millions of people all over the world know this and still do unhealthy activities. Why do you think this is and what can be done to change it?

In recet years the fast pace of life has changed humans' tendency towards the way of living. Awaring of the benefits of healthy activities, people are more apt than before to choose less healthy life and avoid simple prescriptions of healthy lifestyle. This essay tries to look for the causes of this problem and the appropriate actions to deal with it.

At first glance, healthy activities are probably seen as should and shouldn't expressions expressed by a doctor on television. Healthy activities includes but not limited to having a healthy diet, doing sports and also playing chess or doing crosswords as a means of mental health. These activities usually need to plan in advance and take a lot of time. However, some of them are to some extent not only arduous, but also gruelling. That these factors encourage people to do less healthy activities is undeiable.

On the other hand, unhealthy activities require less energy and almost no plan ahead. Working a lot to earn as much money as possible, overusing machines for daily activities in order to do them faster and eating fast food to get rid of cooking are just examples of actions that may be harmful to humans' health.

Guiding people to have a healthy lifestyle is not only the responsibility of governments and social entities but also people themselves who make the decision about the way they prefer to live. Childhood is one of the greatest time for human to learn fundemental subjects and governments should not **overlook** this crucial period. Schools, as an example of governmental sector, provide a minimal environment of society for children. Therefore, the more healthy activities promoted at schools, the more healthy society will be thereafter. Moreover, people require a plan for their health. This plan may be different for every individual based on their physical and health status and cannot be prescribed for whole society. This plan covers a healthy diet, playing sports schedule and on top of them a time for relaxation.

In conclusion, it should be noted that having a healthy lifestyle is a choice everyone has to decide and governments just play a supporting role by persuading people of this style of living.