

The growing number of overweight people is putting a 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, obesity is a big concern among many people who are aware of its adverse outcomes ~~by that~~. Overweight t among adults is the tip of the iceberg when it ~~comes~~ occurs ~~between~~ among children. My contention is that adding physical workouts in the curriculum in schools is a great way to combat overweight t which should be done wisely to create a culture among youth to take everyday workout seriouslyly.

Children are more likely to follow what is taught in the classroom. So, if there are more physical education lessons, they will readily learn about ways to keep them fit and healthy. By giving extra importance to physical education, teachers can instill in children the habit of following a healthy lifestyle from the start. In addition, nowadays in many families both the husband and the wife work and hence they do not have time to monitor the eating habits of their children. In such situations, if the child is well-informed, h he can help himself to decide when to eat what. Every education system around the world has the same hierarchy of subjects. At the top ~~is~~ are Theoretical lessons and ~~in~~ then physical exercises ~~took~~ take a lower place in their classifications which is tremendously wrong because I believe that for a better society we need to teach our children a healthy lifestyle at first.

Forcing children to have exercise is profoundly ly mistake because in that way at the time ~~which~~ when there is no ~~leverage~~ pressure on them they will put workouts aside ~~away~~. We need to teach the youth to get the hang of ways to have a healthy lifestyle and the best way to do that is to create various facilities in schools and let them ~~to~~ enjoy ~~the~~ physical activity. It is highly possible that children would choose a kind of sport which they really like and they will stick to that.

In conclusion, I believe imparting physical education at the right age will help fight overweight problems and reduce government spending in the health care sector.