

**In some counties average weight of people is increasing and their levels of health and fitness are decreasing.**

**What do you think are the cause of these problems and what measures could be taken to solve them?**

Nowadays, obesity is one of the problematic issues in many parts of the world. Not only can obesity endanger health levels, but also it can decrease the fitness levels. The main culprit of this problem might be traced to the quality of foods that we eat besides our lifestyles.

Firstly, our lifestyles in comparison with the past have changed. For example, Men and women are obligated to works for more than eight or nine hours in a day, so they do not have not ample time for domesticity and cooking. Moreover, to the what extent that I know, in some decades ago, there were no fast foods and people used to eat only some fresh foods such as vegetables and meat that they had cultivated and produced.

Secondly, by taking into account some measures such as raising the awareness of people about grave consequences of consuming fast foods, we can solve this problem. It is worth knowing here that scientists have concluded that the rate of some cancers has been increasing due to consuming processed produced foods. Also, they have indicated that every year about to 30 thousand people die because of consuming only 80 grams processed produced food in a day. Therefore, individuals especially those are obesity-prone gluttonous should avoid fast foods and others should be conversant with the detrimental effects of eating fast foods on their health. Furthermore, governments should monitor the quality of fast food producers. And if they find any factory ineligible, they have to mandate to ban them.

To sum up, from the author's perspective, people should restrict junk foods and consume more vegetables and fresh meat, but it cannot be carried out if individuals do not know how much these kinds of foods are to the detriment of their health.