

Modern lifestyle has made it harder for people to live a healthy and active lifestyle. What are the causes of this situation? Suggest what can be done by the government and large organizations to improve it.

One of the most controversial contemporary issues is assessing the effects of modernism in our lifestyle which like any other phenomenon has got its own positive and negative aspects. In this essay, I would like to talk about some roots of the negative aspects.

By the with technological y developments and emergence ing of some new facilities in our daily life not only have we encountered an increase ing in the number of distractors which avoid us from the real active lifestyle, but also bring anxiety and stress which incontrovertibly take out the health from our lives. In other words, since the simplicity has left our life, inconvenience and stress have become the most prevailed diseases all around the world due to the lack of attention of people to more important and efficient things like healthy diets, relationships with family and friends or even decent recreations. Hence, I strongly believe that continuing this process would be inevitably harmful for us.

According to the last survey conducted by a reputable institute called "Health and Society Center" there are several factors which have influences on people's feeling of satisfaction about their own lives three of which are government, large organizations and people themselves. Under no circumstances should we downplay the role of the first two factors while those can bring some convenient facilities and situations by investing and allocating a proper budget to make people's life healthier and more active. Moreover, by advertising through Mm medias they can modify this faulty culture of lifestyle. However, there is no doubt that the role of people's willingness in this purpose is crucial.

To put it in a nutshell, there is a famous saying ing which goes: "you can lead a horse to water but you cannot make him drink". Thus, no one can help us to change our attitudes and pave the way for enjoying more healthy life but ourselves.

You need to make some changes to the hotel reservation for a business meeting with your colleagues. Write a letter to the hotel and ask to make the change, and also inquire about meeting room facilities available in the hotel.

Dear Mr. /Madam.

I am writing to inform you about some alteration in the time schedule I had set before for my business meeting. Some of my co-workers could not attend at that time due to some

personal reasons. Therefore, in this regard, it would be appreciated if you could can change the time from Saturday 5:00 pm to Monday at 7:00 pm.

In addition, I was wondering if I could can ask you some more favor to do for me. Inasmuch as this meeting is much too crucial for us, a quiet place and comfortable seat sits are required. Moreover, if it is possible for you, we would like to have a video-projection in the room. it will give us a more convenient situation for the meeting. Furthermore, it is appreciated ble that the curtains should be thick enough so that in-case we do not encounter any difficulty for using the video-projection.

I am wholeheartedly grateful for your hospitality and attention in advance.

I look forward to hearing from you.

Yours sincerely

SarmadSaeb