

**Many of the diseases which afflict people who do office jobs are the result of a sedentary lifestyle. Do you agree?**

**Annually millions of people are involved with diseases that stem from a sedentary lifestyle that it forces heavy expenses to their family and subsequently to the society!**

Doctors and physicians believe that people should do exercises at least 30 minutes each day. They say it does not matter what type of exercise you do. Also they claim an effective exercise must increase your heart rate up to 120 bit per minute or more and causes you to sweat slightly. I want to name some of the most popular exercises around the world, in my opinion the chipset way to meet the goal are the running as well as the jogging quickly!

In the past generally people worked outside of the buildings as a farmer , hunter and so on. They used to work by the physical activities. Hence, it was a sort of exercise, so they were healthier in terms of modern diseases.

On the contrary, nowadays most of the people are obliged to work in their offices with a the minimum of movement. In fact their lifestyle has turned to a sedentary one lifestyle. Furthermore, I believe it is harmful for our health. Besides, it is boring. Some researchers suggest companies and employers make some simple changes in their work they offer that employers had better to prepare some exercise facilities like a tennis table or a swimming pool if it is possible.

In conclusion, I myself believe although people are involved with their job and daily chores, they should respect to their health. There is nothing better than changing our stagnant/still/ stagnated lifestyle to a more active one.

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