

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

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

Obesity and consequently fatigue have been the main concerns of the modern life which have exercised scientists' mind so as to find a remedy by any means possible. Not only do they overshadow individual's life, but they have a direct effect on the productivity of a community.

In my humble idea, one of the most important factors that plays a leading role in this regard is today's machinery/mechanised life. People spend much less time on physical activity in comparison with before. Although improvements in technology pave the way through a more comfortable and luxurious life, it can have devastating consequences on our health as well. Cardiac arrest and breathing problems are merely two common diseases that have their roots in relying too much on technology.

On the other hand, convenient foods and tempting restaurants are also the main menaces. Due to According to our hectic daily life, barely do we have enough time to spend in our kitchens, and however hazardous these eating habits are, we are left with no more choices but to opt for them. While money talks louder than our health, we even sell our sleeping time to buy a modern bedroom. While people are obsessed with their occupation and economic problems, naturally they remain oblivious about their eating habits, hence their health problems.

In order to fight these problems, governments/big brothers can provide more facilities for their compatriots like cheaper health clubs and gyms. Lately, creativity of some artists has made people use the musical stairs rather than the elevators. Dancing traffic lights are also another amusement for people who are waiting at the zebra crossing.

To put the whole discussion in the nutshell, however seductive the aforementioned reasons are, I cannot blame obesity and health problems on them. As mature adults, we have to be armed to our teeth with confidence and willpower to eschew unhealthy ways of our life and remain loyal to our healthy diet.