

In some ~~country~~ 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?

These days, through a modernized and technological world, there is a tremendous issue called obesity among people who almost all live in developed countries. New human civilization s persuade an easily calm lifestyle without any efforts and troubles so that through such modern lifestyle, undeniably, they have gained overweight quickly, ~~i~~ therefore, they will lose their style and will get a lot of diseases too. The main ly effective facts and some of the solution s will be discussed, in the following.

Although the presence of technology makes human life easier than before, there are some disadvantages caused by it. The GM crops (Genetically Modified Crops) ~~has~~ have its-their negative effect s on people's health which have probably either been are-not recognized or otherwiserecognized yet. Today, people struggle with their business and do not have enough time for cooking at their home and have to order a take-away meal. It is known that all of ~~the~~ fast food s ~~has~~ have high levels of cholesterol which is not healthy for people's body and make s them going-fat and cause heart attack. Moreover, all of the sedentary activities such as many jobs or some of the entertainments are pivotal reasons that people have to cope with them so that the fact of overweighting comes from individual s' daily habits and lack of exercises.

One of the best solutions for overcoming bodyweight is ~~that~~ to reduce the consumption of junk food and canned food with high levels of preservatives. Another proper nostrum to resolve this issue is ~~that~~ to have some works-out workout and do some aerobic for the sake of burning fat and obtaining a well-built body. These activities will not be achieved, if individuals have appropriate plans for it and governments pave the way with-by facilitating public places such as parks with some free sports equipment. Other responsibilities which local authorities should pay attention to it_ are ~~that~~ to ban fast food advertisements, because children are the first parts of society who face the attraction of junk food jingle advertisements. It is obvious that not only are people and governments responsible for prevalent obesity among youth and old people, but also they with school authorities play an important role in escalating the levels of people 's awareness about drawbacks of overweighting.

To sum up all the statements above, I have to say it is extremely important to inform children of demerits of obesity and promote the habit of health diet s and daily sport activities among them. From my viewpoint, the best way to have a healthy lifestyle is to increase the quality of life which is happened through striking a balance in two mentioned sides (diets and sports).