WRITNG TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

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? Give reasons and include relevant examples from your own experience.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

With the kind of comforts and modern machines we have today which minimize human effort, the importance of weight gain and its affect on human population cannot be ignored. There are few countries like China and Japan with impressive food habits from which we should be inspired.

In my opinion we are what we eat! People are oblivious about the food they are taking. People in the corporate world or any working person as to say would not give much thought as to how healthy he has to eat daily. With easy availability of fast food outlets and restaurants people find it easy to grab some food instantly. Most of the western countries eat a lot Pizzas, burgers and pasta which are full of cheese and are obviously constipating foods.

The other reason for obesity is the indolent and sedentary life styles. WE have the facility to order anything in this world sitting at the computer. We neither go to the markets to buy vegetables and other provisions neither think of using the stairs when we have an elevator. When we can get all we want without moving all the calories we eat finally accumulates and shows up as overweight.

The pragmatic approach to this problem is change the way we use our modern inventions. Walking a mile when we can or using a bicycle to go a store nearby or to work place. Eating healthy, regular exercise and yoga would not only keep the body fit but also the mind and soul hale and happy.