

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

It is now widely acknowledged that the average of people is much higher than before due to improved living conditions. As a result, their levels of health and fitness are far lower than they imagine. There are several causes of this problem and corresponding measures to solve it.

First, life pressure, accompanied by fierce competition in modern society, is an inevitable factor of worsening people's health. This is because employees have to work harder and attain higher salaries to overcome the soaring prices, leading to increasingly less time to keep fit. For example, in Beijing and Shanghai, a large number of young workers start to work overtime seriously to hold their positions, so it is impossible for them to take enough exercise into consideration. Second, some types of unhealthy entertainments definitely result in loss of fitness. For instance, boys may stay up all nights play computer games, while girls may stare at cellphone screens watching Tik Tok, neither of whom would like to spend time working in gyms. Therefore, they have to keep on diet to lose weight, which causes more serious health problems.

To solve the health problem, people need to release themselves from life pressure by relaxing their bodies. To be specific, they can spend time having a vacation with family or doing some sports with friends. In addition, going outdoors, instead of playing with computer or cellphone, is a good method to lose weight and stay healthy. According to a report made by Beijing Sport University, approximately 50% of male respondents and 36% female respondents say that going hiking is a welcoming way of strengthening their bodies among young people.

In sum, among various causes which contribute to overweight and health problem, life pressure and unhealthy entertainments play important roles. So the sufferers should really consider relaxing themselves and doing more outdoor activities.