***Are we healthier today than we were a hundred years ago?***

The question of whether we are healthier today than we were a hundred years ago is a complex one. On the one hand, there are certainly many factors that suggest that our health has improved. On the other hand, there are also many arguments against this idea. Let’s compare these opinions.

Firstly, modern medicine and technology have made it possible to treat many diseases that were once fatal. Moreover, now we have access to much better nutrition than people who lived a hundred years ago.

Secondly, we can focus on things like workout and self-care that is why our overall standard of living is higher, which means we have an opportunity to better living conditions.

However, computers and other technologies have made it possible for people to follow more sedentary lifestyles, which can lead to weight gain and other health problems. Additionally, life today often moves very quickly, which can create stress and anxiety.

In conclusion, we can definitely say that there are many factors that suggest that our health has improved, but there are also many factors that suggest that it has not. Ultimately, it is up to each individual to take responsibility for their own health and wellbeing.