

Từ mới:

Conspire

Ex: The universe will **conspire** to help you. (Vũ trụ sẽ hiệp lực để giúp bạn)

Excessive

Ex: Spend **excessive** time (Dành phần lớn thời gian)

Alleviated

Ex: this problem can be **alleviated** (Vấn đề này có thể được giảm thiểu)

The nature of the modern computer-based jobs (Đặc thù của các công việc hiện đại dựa trên máy tính)

Đề IELTS Writing Task 2

"Nowadays, people spend a great deal of time sitting, leading to health problems. Why does this happen? What are the best ways to encourage people to sit less?"

In recent times, sitting has become a major part of many people's lives, especially for office workers, and this has caused numerous health problems. This essay will discuss the reasons for this issue and suggest effective ways to reduce the amount of time people spend sitting.

The main reason that comes to people's minds is that many jobs today require strong computer skills, such as programming, typing, or content creation. These roles often force individuals to spend long hours sitting and working with a computer. Another reason is the pressure of meeting deadlines, which makes employees focus on finishing tasks quickly without paying attention to their health.

To address these problems, several **measures** can be taken to reduce the amount of time people spend sitting. For instance, some companies have flexible working policies that allow employees to alternate between sitting and moving around during working hours. In addition, employers can encourage short breaks for stretching or walking after every hour of work. For example, organizing quick stretching sessions or providing designated walking areas inside the office can help employees maintain both productivity and physical health.

In conclusion, the main reasons why people spend **excessive** time sitting are **the nature of modern computer-based jobs** and the pressure of meeting deadlines. However, this problem can be **alleviated** if companies provide alternatives such as standing desks, flexible working

policies, and regular breaks that encourage employees to stay active. By adopting these solutions, both employers and workers can maintain productivity while protecting their long-term health.

"There are more and more older workers working in companies. Does this trend have more advantages or disadvantages for a company?"

There always 2 side of a solution, people believe that elderly people have more experience than just a fresher and the other thing senior should step back and teach young generation their skill and experience because youth play an important role in shaping the future of a country.