**Do you agree that technology has made us lazier?**

**Intro:**

-Technology is the medium of almost every single thing that we do or use in our daily lives.

- Technology is the making, modification, usage, and knowledge of tools, machines, techniques, crafts, systems, and methods of organization, in order to solve a problem, improve a pre-existing solution to a problem, achieve a goal, handle an applied input/output relation or perform a specific function.

Technological progress has made us lazy. Technological progress is a continuous process, which plays a very important role in our daily lives. However, some people believe that this progress has made us lazy, saying we rely on machines too much.

**Favour:**

-It made our lives very easy and comfortable.

-reduced our physical activity which is making us lazy. Nowadays machines govern us.

-In every aspect of life, we are becoming more and more dependent on modern machines and have stopped using our body and brain.

-makes human reduces their physical activity. As we can see, sitting on chairs for many hours, in front of the computers can hinder the growth of young children.

-Weak eyesight is another common complaint, and staying most of the time in a room keeps us away from the beautiful scenes of nature.

-Technology also preventing humans from doing outdoor activities. We say that sunlight and fresh air are very important for a plant to grow well. Similarly, outdoor physical activities are important for a person's health and well-being. We spend most of our time indoors working with the machines and have very little time for outdoor activities which is very harmful for us.

-food has become easier to prepare. There’s no need of standing in the kitchen all day anymore. With the convenience of a microwave, it has made our life a little easier. In fact, you can microwave a frozen dinner in just thirty-minutes. Many people have been exposed to the less stressful and convenient way of preparing meals.

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**Against:**