

Problem: Heart diseases and Diabetes

Why?  
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Cases increasing rapidly around the globe

Why?  
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Sedentary lifestyle and Genetics are the factors

Why?  
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Increase in white-collared jobs more than 80%

Why?  
→

A fast-paced living and opting sedentary jobs

Why?  
→

Spending day at a desk, sitting and stressed

## 5 Why Technique

About 80 Million  
desk jobs are in the US.



Around 55.3% of global workforce.