**More and more people use computers, but not everyone agrees that this benefits society. Those who support advances in technology believe that computers have a positive effect on people. They teach hand-eye coordination, give people the ability to learn about faraway places and people, and even allow people to talk online with other people. Others have different ideas. Some experts are concerned that people are spending too much time on their computers and less time exercising, enjoying nature, and interacting with family and friends.**

Being active has no limit, but technology does.