**COMPUTER SCIENCE AQA**

**A-LEVEL NEA**

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# ANALYSIS

In an age of an ever-increasing reliance on technology, with more and more people adopting a sedentary lifestyle, health and fitness has become an aspect that in many cases have become neglected. However, there is now an increasing pressure on governments and on society to change old habits of an unhealthy lifestyle, to a more active one.

Countless studies suggest that exercising not only improves physical health but also has significant impact on improving mental health and relieving stress. One study suggests that those who exercised had 43.2% fewer days of poor mental health in a month than those who did not. [1]. This shows to us the importance of exercise, especially as one of the leading causes of death in the US [2] and as well as for men in the UK [3] is heart disease, which can be preventable through exercise and a healthy diet.

Despite majority of the public knowing the great benefits of exercising, only 63.3% of people aged over 16 consider themselves physically active doing 150 minutes or more of moderate intensive activity in a week, according to a UK government survey. [4] There remains a large portion of the public which do not exercise, for many different and respective reasons. Various reasons may include: not having enough time during the day to exercise, finding a gym that is affordable or simply not having enough motivation to work out.

# REFERENCES

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