I think that there can be more than one reason a person can start gaining weigh though i think that the major reasons of weight gaining are instant food and fast food.

In some countries people have very busy schedule so sometime they forget that food takes very important part in their life. Another reason is fast food. Fast food can be very testy as well as unhealthy despite the fact that it can seriously affect person’s healthy life people still tend to eat street foods more and more.

The reason why people eat instant food is because they do not have time to prepare proper food because of their workaholic schedule and whereas instant food is very easy and fast to prepare and it also tests good but what they do not reliz is that they are trading their healthy life in exchange of money.

So, there are many solutionas to this problem but what I think is the best one is that all the respective companies should offer fresh and healthy food instead of fast foods and instant food and this solution makes people of the country not only healthy as well as more productive. ~~And~~  government and NGO’s can arrange webinars related to the disadvantages of fast food and the advantages of fresh and healthy food in order to make habitant of that country more aware of their choice of food . Another solution is to exercise on daily basis to maintain weight

In conclusion , i think that despite of weight gaining people can still manage their life by giving little bit time to their preference of food and exersice.