Obesity is a serious problem in many countries, especially in rich countries. Discuss ways to solve the problem. Provide specific reasons and examples to support your answer.

It is irrefutable that obesity has become a wide-spread issue all over the world because of people's lifestyle and dietary habits. There are number of factors contributing to the problem of obesity. In this essay, we will analyze the reasons due to which people are overweight and the ways to mitigate the same by taking some proactive measures.

There are numerous reasons cited for obesity problems. First and foremost is people's food habit, because, nowadays most of the people are consuming fast food, pre-prepared food and junk food heavily. Due to this, their digestive system is unable to process the high-calorie food and causes obesity. Moreover, many people have almost forgotten about the importance of physical exercise because of technological advancements. For example, people prefer to use elevators rather than stairs to climb buildings, hence the lack of physical activity massively contributes to the problem of obesity.

Considering the solutions, governments and people can jointly work to eradicate obesity from our society. Firstly, governments should impose heavy taxes on the unhealthy food products, such as pre-cooked food and fast food which cause health problems for people. If government officials impose heavy fines, people will most probably choose organic and nutritious foodover junk food. Secondly, people should not depend on electronic instruments to facilitate their day-to-day activities. For instance, if everyone is ready to use stairs or ride a bicycle to work, it will keep their body fit and healthy and it will also contribute to a pollution-free environment.

To conclude, people should come forward and take control measures for the obesity problem by altering their lifestyle slightly rather than depending on others or governments. Nowadays, because of the health awareness programs, people understand that it is their responsibility to take care of their health and this trend will increase gradually in the future.