

The growing number of over weight people is putting a strain on the health care system in an effort to deal with the health issues involved. Some people think that the best way to deal with the problem is to introduce more physical education lessons in the school curriculum. To what extent do you agree or disagree?

The advent of technology has made living comfortable, as most of the work gets completed with a single click. With an introduction of fast foods and its easily accessibility, health care system has seen an increase of obesity over the years. To curb the cause some people advise on introducing physical education classes to the students at colleges and universities. However, I stand in absolute disagreement and shall put forth my reasons.

Firstly, as per experts, obesity is observed majorly in middle-aged group of people, who are restricted to a desk job for over 8 hours a day in their professional careers. Researches have shown a direct correlation between metabolism and age; the younger you are the better is the metabolism. Therefore, introduction of physical education classes for students will not affect those whose life style is based on sitting at one spot.

In addition to the above explained, eating habits contribute to a healthier lifestyle, which cannot be resolved only by introducing physical education classes. For example, eating over 3000 calories a day through processed food for a middle-aged person is an onset to getting obese and no physical activity can counterfeit it.

To conclude, it is recommended to improve eating habits in order to reduce the growing obesity concerns.