**Do you agree or disagree with the following statement?**

**Nowadays it is easier to maintain good health than in**

**the past.**

Throughout history, every person has struggled to maintain good health and be in shape and this is an irrefutable fact. The controversial question which arises here is whether these days it is easier to maintain good health than in the past. This question obsessed most of the community members. Some people may believe that in todays life it is simpler than in the past. However, I firmly hold the opposite perspective and believe that in the past it was easier than today. In what follows, two reasons will illustrate my view.

First and foremost, it is established beyond doubt that in modern and todays lives, due to the technology, most of the works which are used to be done by humans, are not performed. As a matter of fact, people nowadays have no tendency to do some physical stuff and they all agree that some machines can do for them. In other words, they have no physical movement or activity because of modern life so it is indisputable fact that they become inactive so as a result it causes some health problems. According to the statistics, more than fifty percent of Iran’s population face some health problems such as obesity and it is caused by being inactive and idle. Further more not only in Iran but also obesity is a global problem which WHO(World Health Origination) declares its concern every year. So due to tech stuff of modern life people are inactive today.

The other equally important reason is that today, despite of machinery life, people have no time for doing some ordinary and routine works like washing dishes or clothes and most importantly making foods. For this reason unfortunately people choose to eat in fast food restaurant instead of cooking. Needless to say, these foods are very unhealthy and there is no doubt for that. Although everyone knows about that, but they eat fast food. Take a personal experience as an example; living in a dorm has a really worthy experience to me but apart from that, making foods in fridays and also in holidays was a real torture to me because I have lots of work and I didn’t have enough time for that, so in some period I started to eat fast food and therefore I started to gain weights. Thus, eating fast food was a contributing factor in my unhealthy behavior.

In conclusion, I think nowadays it becomes really hard and difficult to maintain good health than in the past because of the fast rate of changing and according to that unhealthy behaviors play an indispensable role in every person’s life and influence our habits, unfortunately, in an unsuitable way.

446 words.

60 minutes!!

I can’t allot time in revising! (60 minutes without revising)