Do you agree or disagree with the following statement? Telephone has had greater effects on people’s lives than television.

It is critically important that all aspects of people’s lives are developed effectively. One of the extremely vital elements which can impressively affect the society is television. I think that television is a leading medium which everyone has access to it and its great impressions on people’s lives are not deniable. I feel this way for two reasons, which I will explore in the following essay.

First of all, the most significant reason is that, these days television provides a considerable number of health programs which can improve our physical and mental health. The most effective content which encourages people to exercise regularly is TV program. My personal experience is a convincing evidence for this matter.

Five years ago, I have followed one of the aerobic exercises which was broadcast from television. Those days I suffered from severe depression and I countered a lot of challenging in my daily life. This program, in addition to exercise, offers some beneficial low fat diets that is really effective. Thanks to television I have lost my weight effectively during the five years and also regular exercise and some minor changes to the normal diet led to treatment of my depression. As a consequence, television can help people to boost their lives from the view point of health.

Another equally important point is that, television shows are a sort of funny entertainments which can bring all members of a family together. Nowadays, the increasingly rapid pace of life does not allow parents to allocate a lot of time to their children. However, most of parents spend their free time to watch TV shows with their children and it is totally obvious that having quality time can considerably strengthen family relationship. For instance, both of my parents work all days of a week, so we do not have adequate time to do outdoor activities and entertainments. Nevertheless, all nigh we enjoy quiet interesting TV programs with each other. I contend that without television we would not have such an incredible and friendly bond.

All in all, I strongly believe that, the most critical parameter in people’s lives, which have positive influence, is television. It is because of the useful programs about exercising that improve our health physically and mentally. Furthermore, TV shows provide unforgettable time for families and help them to have better relationship.

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