

# IELTS Writing Task-2

## Obesity

Good health plays an essential role in holistic development of any individual. Obesity has become too common among masses nowadays. This essay shall scrutinize some of the reasons and adverse effects of this disease.

There are several causes that lead to over-weight. The major cause of stoutness in the contemporary era is inactive lifestyle. With the invention of technological gadgets, man is becoming dependent on technological devices making them couch potato. For instant, travelling through different modes of transport even to cover just a short distance, using washing machines to wash clothes so that other household tasks can be done simultaneously. Finally, ease may be good but leads to overweight which is mother of several disease. Another major reason responsible for obesity is unhealthy eating habits. In this fast paced era, the trend of consuming fast food has become popular among all age groups. After a long tiring day at office, instant foods like noodles, canned food and ready to cook food has led to obesity among all section of society.

However, obesity has various adverse effects of this on health of people. First and foremost, it leads to physical health problems such as hyper tension stress depression and so on. Not only this it makes person lazy and unfit to perform physical activities. Another effect of overweight among individuals is loss of productivity. A healthy person can perform more productive activities which lacks in obese person. Due to obesity they get tired easily and need frequent breaks. Obesity makes masses inactive.

To sum up, it can be asserted that obesity is becoming major issue due to inactive lifestyle and unhealthy eating habits which further leads to several bad effects.

**Regards,**

**Flourishing Careers**

<https://www.flourishingcareers.in>

+91 9803573285 | [flourishingcareers1@gmail.com](mailto:flourishingcareers1@gmail.com)

**Fb.com/flourishingcareers | Instagram.com/flourishingcareers**