

Despite a large number of gyms, a sedentary lifestyle is gaining popularity in the contemporary world. What problems are associated with this? What solutions can you suggest?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Despite a large number of gyms - Band 8 IELTS model essay

Despite the abundance of gyms, individuals today favour a sedentary lifestyle. In this paper, I want to discuss a few issues related to the subject and the possible solutions.

On the one hand, advancements in technology now allow people a decent chance to make money using computers. Since they spend more than eight hours a day in front of monitors, the majority of these workers suffer back problems. The Ukrainian Institute of Vertebra reports that 70% of IT workers have a spine-related issue. Overweight is the second issue with a sedentary lifestyle. The person will save the most calories from eating if they don't exercise or aren't sufficiently active throughout the day. According to recent Oxford University studies, this issue affects nearly 60% of persons who lead sedentary lifestyles. On the other hand, these issues have a remedy. Some specialists think that two or three yoga lessons per week or a gentle workout in the gym are sufficient to keep your spine in good condition. You will perform certain exercises at home if you don't have time to go to the gym. The second issue is something we can solve with motivation and dedication. Several trainers advised walking 5 to 7 kilometres each day, or roughly 10,000 steps, to reduce your weight. Extremely significant diet; if you follow it for one month while eating wholesome foods like meat, produce, and grains, you will begin to lose weight.

I'd want to conclude by saying that although leading a sedentary lifestyle is more challenging than many people realize, we have access to enough sports facilities to address its effects. We have a sufficient number of strategies for improving our health and preventing all the issues that this way of living causes.

Despite a large number of gyms - Band 7.5 IELTS model essay

In the modern world, people still opt to maintain a sedentary lifestyle despite the abundance of health facilities for exercise. In this essay, I'll talk about the issues raised by this kind of behaviour and offer some potential fixes.

First off, individuals are increasingly addicted to their smartphones these days rather than exercising outside or in a gym. With technology and busy lifestyles, most people spend their time perusing the internet or watching movies while snacking. The rising use of technology has overshadowed the growth of gyms. So, the current generation is more susceptible to obesity and related health issues like type 1 diabetes due to lack of exercise. Quantifying a

person's internet usage and setting aside time for exercise may solve the problem. People will live more balanced and healthy lives as a result.

A sedentary lifestyle also impacts mental health. Endorphins, which make people joyful, are released when people exercise. Without physical activity, blood flow to the brain is restricted, limiting oxygen to brain cells. Moreover, decreased brain activity hinders productivity at work. One approach is for firms to require employees to exercise and have a healthcare centre on site. Hence, workers will be more motivated to exercise because it's part of their job, and travelling time to the gym will be minimized, optimizing time use.

In conclusion, a sedentary lifestyle not only contributes to physiological problems but also has an impact on mental health. It is not only the individual's obligation to make an attempt to set aside a specific amount of time for being mobile; it is also the duty of those who work with him to make sure he has time to take care of his health.

Despite a large number of gyms - Band 7 IELTS model essay

People are living a lifestyle with less activities in this ultramodern era. Despite the prevalence of fitness clubs and gyms, society favours sitting rather than moving about. As a result of integrating an inactive lifestyle, people are losing their physical and mental health. The issues and potential remedies to stop this threat are covered in the paragraphs that follow.

The following list summarizes the main issues the person is dealing with. Obesity and many other health-related illnesses, including high blood pressure and joint discomfort, are two of the main effects of adopting an entirely sedentary lifestyle. In this case, the patient gets ill at a relatively young age. Also, it encourages inactivity and laziness among people because, by maintaining a sedentary lifestyle, everyone is forced to sit and no one is concerned that their fitness is declining. Even individuals who are aware of the advantages of adopting a healthy lifestyle may nevertheless be unwilling to put themselves through the trouble and quit bothering.

Nonetheless, there may be strategies to limit this problem's unfavourable effects. mostly by organizing workplace tasks that call for some physical activity. For instance, recreational exercise should be arranged once a week to address health issues. This can include any type of sport as well as occasionally a little activity during the day during a break or in the morning that involves a brief warm-up or few exercises. Also, each employee should be able to complete all of their job responsibilities independently. It entails using a stairway rather than an elevator when going from one building to another for their own employment.

To sum up, it is challenging for humanity to abandon sedentary existence, but effective measures must be taken to restore health.

Despite a large number of gyms - Band 6.5 IELTS model essay

Even if there are many fitness centres and established workout programs, modern lifestyle has become more complicated and sedentary. But these exhausting daily routines and

desk-bound behaviours exacerbate health problems. There are steps that can be performed to reduce sedentary behaviour.

First off, because the cost of basic necessities has gone up, most people now work overtime or freelance jobs to make ends meet. This encourages people to relax and spend their free time calmly. Furthermore, life is now just a click away thanks to digitalization. Such examples include social media, online gaming, easy meal delivery, online shipping, online banking, and home theatres. Heart disease, obesity, high blood pressure, cholesterol, diabetes, migraines, and particularly mental health problems are all linked to these ongoing sedentary lifestyles. People are encouraged to remain sedentary by these health issues.

To lead a more active lifestyle, there are some options. The majority of people's time is spent at work. People will be encouraged to overcome sedentary lives by introducing team games after work, free gym memberships with restrictions, car-free days at the office, computerized step counters, and providing healthy meals. To live a healthy life, awareness and knowledge must start early in life.

In conclusion, despite the focus on exercise and health, it is a fact that inactive lifestyles are growing. A sedentary lifestyle can result in a number of physical and mental health issues, therefore it's crucial to maintain a healthy lifestyle with frequent exercise and a balanced diet. So, a healthier lifestyle could benefit from good knowledge and encouragement.