Today, operating the routine tasks in the fastest rate has become a priority for many people seeking to achieve more profit and to promote as much as possible. Thus, people attempt to boom their quality and quantity of work through utilizing technologies and so on. In other words, spending less time during a task, most ~~of~~ people prefer to engage in their careers by devices, and eat fast foods. According to ~~the~~ statistics exaggerated usage of gadgets and junk foods causes hazardous illnesses and obesity in current societies.

To begin with, the main cause of extension of contemporary health problems is lack of movement and an unhealthy diet. The former is directly connected to our completely ~~sed~~sedentary ~~imentary~~ lifestyle and career conditions. For instance, approximately the whole ~~of the~~ Bureaucratic tasks are implemented ~~ing~~ through the internet. That is to say, most of the staffs do their jobs behind their desks and by clicking options on their computer screens. Although this manner has increased the speed of life and decreasing a large number of urban problems like traffic jams and air pollution. It may offer people laziness which ~~is effected~~ affects their body health. In addition, fast foods not only are damaging due to their ingredients, but they required the minimum of activities for preparation as well. That is, they prevent us from burning ~~to burn~~ the calories which we gain from them.

Governments and great organizations have to be responsible for this problem. I mean, each company, either public or private, should facilitate exercising and having healthy foods for its workers. In other groups of ~~the~~ society, the government can encourage people to use the equal opportunities of working out and emphasise the conventional foods which ~~are~~ demand more movement for preparation in comparison to their modern counterparts.

To put it in a nutshell, the further we tie our life to ~~with~~ technology and its effects, the weaker ~~more~~ we become ~~weak,~~ physically.