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Increase in count of obese and unhealthy people is a prominent issue and is causing a strain on medical and health care facilities. It requires immense efforts and resources to cure these patients. However, according to many people and even I believe that the best remedial solution to this problem is to include more sports and physical education lessons in the primary school syllabus.

Health is the most important aspect in leading a healthy life and should be paid attention since over childhood. However, many parents fails to consider its cruciality which result into an overweight and obese health condition of their child. This further leads to bullying and ignorance of their children in almost all stages of life. For instance overweight children finds it very difficult to participate in outdoor games which require optimum physical strength to succeed.

Needless to say, if more sports activities are included in the school curriculum and are made mandatory as well, we can easily overcome this issue to some extent. Revolutionary steps should be taken by the education ministry to inculcate make physical education lessons in the school time table. Schools and universities should organise awareness campaigns and educate the youth on the importance of physical health and its advantages. These measures will increase prosperity in the society and our ~~own~~ health. Therefore will be relieved from the enormous pressure of dealing with overweight and obese population.

To conclude, every individual should take the responsibility of his/her health and take preventive measures to avoid obesity. Government should launch programmes with sports federations to organise different sports events across the country to make their citizens healthy and wealthy.