

Essay

Physical activities specially walking or running are popular for their extraordinary health and medical benefits.

However, the habit of walking and jogging is minimizing in the youth of modern era. This essay will discuss the in depth reason, why people are refraining ^{themselves} from walking and also the remedial measures that can be taken to promote walking habits among ^{the} individuals.

Technology has completely revolutionised the travelling sector. People in urban area can now book a cab or a bus ticket in just one click. This ~~has~~ has resulted in increased laziness in the people, especially youth. Moreover the ease of online shopping has worsened the situation as people find virtual easy and convenient as compared to buying commodities from a local market. This has eventually led to decreased foot steps and increasing

Shopping

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medical issues such as obesity, depression, etc. among the people.

However, various awareness programmes can help in balancing the situation. Government ~~the~~ authorities and non profit organisations should collectively work to ~~use~~ highlight the advantages of running and walking. Also, academic institutions like schools, colleges, etc. should add more physical education classes ^{which include running} in their curriculum. This will not only help the students in ~~acquiring~~ acquiring better sports skills, but will help them to stay fit and healthy in their life.

In conclusion, government and other administrative institutions should align their efforts in the welfare of the society. People should adopt walking and jogging habits to lead a healthy and prosperous life.