

Couch potato



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The couch Potato" Lifestyle " Couch potato", a slang term to describe a person who spends most of the time sitting or lying on a couch. However, sedentary lifestyle is another term which commonly used as a medical term to describe a lifestyle with irregular psychical activities or exercise. People intend to spend more time sitting, surfing the Internet, working on a computer, watching television, and other activities that do not require much psychical movement or activities. Hence, this lifestyle is more likely to bring harm to the society rather than benefits.

This lifestyle is most likely discovered in plopped and developing countries. People of all ages like adult, teenagers, and children whom they live a sedentary lifestyle could be negatively impacting each individual lives. As an effect of sedentary lifestyle, children and teenagers are more likely to exhibit poor motor coordination. They often spent most of their time for their electronic gadgets. As we can see, it is so common that children and teenagers carrying at least one electronic gadget regardless of what they are doing and where they are going, either they are in the washroom, during a meal, and even before their timed.

Hence, a lack of physical activity leads to poor motor coordination: almost all of their time was allocated for their sedentary behavior. Childhood is a critical time for the development of motor coordination skills that will enhance a healthier psychically and mentally development. Therefore, it is important to educate them in setting up a proper daily routine, likewise, encourage children and teenagers to increase their amount of physical activities. On the other hand, sedentary lifestyle also has a variety of negative impacts on adults, especially working adults.

Living a denary lifestyle is not necessarily means living a lazy or inactive life; somehow it can be very busy with work and family which caused them without inherent opportunities for physical activities. They often find difficulties in allocation of time for some exercise, thus, they feel energetic, body and mind become inactive, and as a result they fall into depression. Worst come to worst, once depression settles, they will be too depressed to carry out physical activities. Slowly, it leads to other diseases and illnesses. Sedentary lifestyle contributes to high risk sickness to people of all ages.

Anxiety, obesity, depression, high blood pressure, diabetes, heart diseases, colon cancer, and kidney stones are all the major diseases and illnesses which risk the health of all people. Besides, premature death is increasing every year. Do not be surprised that the study has shown that just by sitting still could cause premature death. The more we sit, the higher the risk of premature death. In conclusion, adapting to a sedentary lifestyle can be as harmful as Heroin. Although it is now with the increasing number of people living in a sedentary lifestyle which does not seem to be much hope moving away from it, but we are what we choose to be.

Is just a question of how "hungry" are we of resettling from sedentary lifestyle. Couch Potato By Lo-Nathan The "Couch Potato" Lifestyle "Couch potato", a slang term to describe a person who spends most of the time activities or exercise. People intend to spend more time sitting, surfing the internet, much physical movement or activities. Hence, this lifestyle is more likely to bring harm to the society rather than benefits. This lifestyle is most likely discovered in developed and developing countries.

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