

The Third reason for losing health and fitness is Technology. It depends on the region in which the policy is located, various environmental factors will be addressed in the policy. Sitting for long periods of time behind laptop screens and other electronic means leads to human obesity due to the accumulation and accumulation of fat in different areas of the body due to the lack of daily movement and laziness. Air and water polluted due to waste from technology pose a risk to human health, and the loud noise of factories and vehicles adversely affects the sense of hearing, in addition to use. There are many environmental factors that can affect health including air quality, climate change, toxic drinking water, and exposure to toxic chemicals. Smartphone overload that causes stress and lots of health damage.