
Anchors

CASAS

Functional Writing Assessment

Written Prompt – Field Test

Form 900, 901, 902, 903, 904

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1a

We are bombarded by products advertisements in our lives. Are you influenced by advertisements in your purchasing decision? Why or why not?

We are bombarded by products advertisements in the real life. They are too many things that you get in your life. Like they are some the decision that you need to think about first before do it. He sees too many these in the TV that bombarded us everyday.

Some time I get to do things but sometime I don't think about it so is hard to do it. To many people do things that they not need to do it and people get bad. Some of the people the police need to be when they get mad or whatever reason needs to get arrested by the policeman.

Why people get bombarded by things in the life I don't know but I know why they do it. Because they get too many problem like in the house and they go to use drugs. So they use drugs to forget the problem they got in his house. The people that don't have bombarded are because they don't use any drugs so they don't have problems in his house.

1b

may be there are lack of time due to busy daily work ,or some people does not interested in any sports, now a day,most younster like to spent more time on their pc programme ,i think these are the main reason why many people do not exercise regularly. i sujuest ministry of health should advertise more on news paper or media broacasting to encoragement people to take part in regularly exercise. i belive education them is the most important role that they can do .

1c

Skills I think are most important to get a job and stay employed are.

You must first know how to perform the job you want to get.

Need to have a good head on your shoulders.

You might need to have some type of job training.

I think a good skill to have is an open mind.

Some more important thing to getting a job and keeping it is on how you can do your job.

Can and will you be able to make the company money.

Will you be on time, can you get done all you have to get done in a day.

Are you able to work with other people. can other people work with you.

do you have good car to get to work.

But the most important thing is do you think you have the skills to keep the job and stay employed.

Be able to perform those skills to do the job at hand.

There was some of the skills I think you have to get a job and be able to stay employed.

1d

The ways to get heathy,and why do people dont have good helth.

The reason peopl have bad health.They dont eat right,and donot exercise regularly.Than peopl that have health problomes they need to see a doctor.Than start geting the right sleep, and eat right and get a mamber ship at the gym. I thack the way to get heathy,is to get the right sleep,and eat right.Than get a member ship at the gym,and go about 3 to 4 times a day.I thank it is a grat way of geting heathy so when you are older you will fell good.Than you will be able to do more thing you whant to do befor your last day on earth.That how I fill about being heathy.

2a

In my opinion the internet is becoming more and more a part of people's everyday lives. Some people had a job online and they made money at home. Other people can meet another people and talk to them in others countries. Young people prefer play in the computers. The internet is giving us an easy way to do many things, like put music in an ipod, do homework easy for estudents, find interesting information for all kind a people, but is bringing people closer together, or just the opposite?

Personal I use the computer every day. I talk to my friends and family in Mexico, the internet makes me feel closer to them even if I am far away to them. Sometimes using a web camera I can see other people and talk to them face to face feeling they closer, but in reality they are kilometers away. Also when one family member has a birthday or aniversary I can easily send them a mail giving my congratulations. In conclusion for me the internet make feel closer with the people is kilometers away.

Many people is using the internet every day doing their lifes very easy, but what about the people is adicted to the internet, like my husband, he can be in the computer days and he gets away from us. Many people is doing their lifes in the internet, working, shopping clouths and food, talking to others, reading, playing, meeting anothers even finding love. Personal I think these people is doing the opposite they are getting away from real life.

2b

Mobile phones were invented for technology. They come in all different shapes and sizes. Mobile phones are an important piece in everyday life for communication purposes.

Phones are great in society because when you are out looking for help you can pick up the phone and communicate with a family member, police officer and a operator for assistance. They can also be used as a help learning guide. Mobile phones are also dangers because it gives off lots of electricity that can harm the human heart.

Mobiles phones are designed for many different reasons such as texting, talking, web surfing and more. I believe mobile phones are a great factor in life because when I allow my son to go hang out with his friends and it's passed curfew he can pick up his phone to explain how long he may be to get home. Everyone should invest in a phone for resource purposes.

Cellular phones was impact this generation.Few years ago, the scientifics discover this kind of phone and impacted the world.Now, use a cellular phone is part of our lives.We can talk, take a picture, use with internet, so, it is very important have one of this invention. For a woman is part of an accesory.I bring with me wherever i go.Adults and teenegers have a cellular phone but some specialist says that can affect our hearing.We're really don't know.

Use cellualars phones is neccesary in our diary life.They can help us in some emergencies, specially, if we are driving in the route;When the car doesn't work or a tire is flat,we just make some calls and we have the solution.For moms who have teenegers, it is very hard to controler their calls and in many cases parents spend to much money for pay their bill.The teenegers love use this phone for communicate with their friends or write a text with them, but they are usually consume a lot of minutes in the phone.

I think use a cellular phone is a good idea but we must have to controle our needs.The next generation , we expect new discoveries and we can use them in the good way,for save lives, for rescue people, but not for kill others. So, the science is still impacting the world and i hope, we can support , we can colaborate for the next generation,for our kids,grandsons,grandaugthers.

Exercise is essential to good health, but many people do not exercise regularly. Why is this so ? What can be done about it ? The main reason I think good health is essential to exercising is you keep your body in shape you will feel better about yourself. Some people are too busy to put a workout plan in their day, so they are constantly running. On the go all the time, eating out and not working the calories off. If you live your life like that most of the time you won't live very long. Exercise is a good thing that helps you feel and look good about yourself.

The things that can be done about making people exercise more often. You could build more health centers. Exercise rooms in office buildings. There can be a planer set aside for your off days so you can work out. Create more time for your body needs. Some people just have high metabolism. They are the lucky ones. Work out regularly and you will see a change in your life style. More adds about health issues could be a suggestion.

For a conclusion of this essay, Exercise is essential to good health, but many people do not exercise regularly. If everyone worked out the same the world would be fit in so many ways. There will be differences in the way people often die. Percentages in certain categories that will go down. There are some diseases that you can't help but if you worked out it would be less struggle on your heart. Work out regularly and stay healthy. Create a better life for yourself.

Exercise is essential to good health but like myself and many other people trying to exercise regularly is a losing battle. we all would like to exercise in our minds, but the real down fall is time we never have enough time, we would like to exercise more often but time is never on our side with everybodys crazy schedule its to easy to say we will exercise, but to come down to the plain truth as people we never exercise enough. I believe we all need to exercise more this will only help our body and minds. also exercising will make us as people to understand how important exercising and eating right will make us live a longer and happier life. we only have one body we need to take care of it and keep it healthy. what can be done about this is pretty simple we all need to be educated more on how very important exercising and eating healthy is to keep our bodies in shape and to live life to the fullest. there are many groups out there that are willing to teach each and everyone of us how to exercise regularly this is a very serious topic and people really need to understand just how important this is . people who are not aware of these dangers should really take a close look and get all the information they can from doctors or other resources so everyone can be educated on the dangers of not enough exercise can do to a persons body and health . I hope we can take this information and use it to teach other people that do not believe in exercising regularly.

Some of the skills that I think are the most important to get a job and stay employed are as they follow. First of all, you must have good skills to communicate. You should keep in mind that on the day of your interview for a job, the first impression you must show to the employer is your ability to communicate with others.

Second, remember your skills to react to new situations. We all know that in our jobs a significant event could cause a change in our positions. For example, a co-worker may be sick and will not be able to get to work; you could be given extra work in an unexpected day or your lucky day has arrived and you get promoted that means that you will be facing new responsibilities.

Third, show your skills to follow directions. You never want to go and do anything opposite to what your superiors have told you to do. However, you can give some opinions or advises but not beyond that point.

In conclusion, I think that whoever got these skills and put them in practice should be able to get a job or to hold the one they got.

Many people around the world don't exercise regularly. It's a busy world to live in with jobs, families and social lives to live. I feel most people take for granted going out for a simple walk in the park or even a jog around the neighborhood. Believe it or not, not exercising can affect a lot of aspects of people's lives. Such as gaining weight, which can cause a lot more medical problems and even your social life. Going for a jog or bike ride can ease a stressed mind from a rough day. There are a lot of benefits from getting a good work out in every week, even if it's only once a week. I believe it could make all the difference.

Is there anything we can do about it? There are a lot of fun things to do that also give you the exercise you need. If you make exercising fun then it won't feel like exercise. Such as bike riding, jogging, swimming, sports are all great and fun ways to get a good work out. If you're a typical busy American with a full time job and a family to come home to, then I would suggest taking the kids to the park. Playing with your kids is a great work out and it also gives you time to spend with your family. When I was younger I took jazzercise at my elementary school, this was an after-school event. My teammates and I would learn different dance moves and dance along with the music and the instructor. I found jazzercise a lot of fun because I was dancing and listening to the music that I loved, so it made the time go by fast and it was a great workout. I also used to take karate classes around the same age and I had done that over the summer. There were a lot of benefits from it. I started losing weight and gaining muscle, which I thought was really cool. Also I got to learn how to defend myself, so the classes were worth the time and money.

There are so many benefits from getting exercise that I don't know why more people around the world don't do it enough. All you need to do is find a way that lets you have fun with it. Whether it's spending time with your family outdoors, going to the gym or a specific sport. I say take time out from your busy life schedule and get the exercise your body and mind really need to function properly. It will make all the difference when you start seeing the benefits of getting a good work out. Hopefully this will inspire people in the future to start exercising and to start having fun with it, instead of just making it a chore.

3b

Do advertisements effect my purchasing decisions???

YES!!

Our economy is getting completely out of control and way too expensive to really live. I believe that in order for alot of companies to stay open and employess keep their jobs, you must advertise. Alot of places are throwing sales, markdowns, "buy one, get one" ideas and are putting out alot of money to help save their company.

We see alot of advertisement in gas prices. The average "gas shopper" will drive around or search via internet to find the cheapest gas in their area. Some places will give you a mark down on your gas if you decide to use their car wash or pump gas on a certain day. Ex. Shell on Jumpres Hole Rd has .05 cents off on every Thursday whether you fill up your tank or just get two (2) gallons. Roy's gas station on Crain Highway will take off .10 cents of each gallon if you purchase a car wash along with your gas. I personally work a pt job in a bar and we have the "buy one, get one free" happy hour. Its a better way to get more for paying less. More people are going to take advantage of that idea instead of spending double maybe even triple at the end of their day. And we do alot of advertisement via billboards, myspace, twitter, facebook, flyers etc. You get alot of people who will come in there and through word-of-mouth your clientel will double.

So, I am personally influenced by the advertising I see. I do get gas at the above listed places and would take advatage of the "buy one, get one" idea. We need to save every dime and penny these days. So, i believe that I will always go where i know there's a better sale.

The mobile phone device has had a great impact in this country. It has come a very long way since it's original design of wearing it around your neck like a bad bang. The mobile phone's of the world has come a long way. Instead of wearing it around like a big bag you can now simply put in your pocket or (for women) place it in an evening bag. Mobile phones went from analog to digital from a basic hand held phone to a phone you can take picture with, use as a camcorder, go on the internet, use it as a gps, or business purposes. Mobile phone's are now capable to download music, videos, games & movies. You really don't have no need for your everyday conventional things. Why buy a DVD movie, or a CD, or a Navigational system, or a camera when a have a cell that can do it all for one price.

A mobile phone started small and now has become the biggest selling gymbic since a microwave. Do I think that mobile phone companies are ripping us off well yes. Do they really need to charge you \$40 for service, \$10 for text \$15 for the internet. My answer is NO not a all. But, we need our mobile phones we have to make that call, and make sure that our families are in total contact with us all times. Do we need that internet no but, we use it why not the phone comes with it and they charge you for it. Do you we need to download music no but, why not when the CD store is charging \$20 for some singers music and all the tracks on the CD is wack. That \$1.99 download comes in handy and that is worth it.

I personally have had several cell phones through the years and even though to me it's more expensive than a regular house phone you still need it. What if you get stranded on the side of the road? What if you have an emergency? When you have some emergency or someone needs to call you for any reason you need a mobile phone. For the past 6 months I refused to have a mobile phone but found myself everytime I go somewhere needed to use the phone. I really don't need a cell phone. No one really calls me other than my family and they don't call me to often. I pay twice as much for a cell phone than my house phone. But, when I am out some where and I need to make a call I now have my trusted phone tucked in the side pocket for any emergency use. You can say, "Hey just use a pay phone". I could do that but, look around since mobile phones came into town how often do you see a pay phone or when you find one it's normally broken. Then, of course you need change how often do you walk around with .50 in your pocket. I normally never have any money in my pocket. So, without that mobile phone I would have to go a store make a purchase, get cash back, get change for that cash, then make my a call. Wow, how long did that take 30 or so minutes. When I can simply just reach into my purse take out my Samsung Rant and make a phone call. Now, how lond did that take 1 minute. So, what is your poison 30 minutes to say or 1 minute and don't forget while your running around looking for that store and that pay phone. How much gas did you just use. Hint, Hint.

The morrel to my story is mobile phones are the greatest gymemic since the Washer & Dryer. It's changed through the years. Every different mobile phone provider offers something so that you don't feel like your being ripped off. In some cases of a serious emergency yes, they are needed. Once I was headed down Route 100 going eastbound headed to work and my tire blew on the highway. How dangerous is that. I pulled over to the shoulder lane and say my tire and being a women that I am I pulled out my mobile phone from my purse and called AAA, called my job said I will be late, called my husband to tell him what happened. You

know what the worst part is no one stopped to say are you okay or do you need me to call someone for you. A police officer went by and didn't even stop. If I didn't have my trusty mobile phone that day I would of probably had to of walk probably 5 miles or more miles to get a pay phone. I think mobile phones cost to much but, in most cases it's really needed.

The skills I think are most important to getting and keeping a job are furthering your education, reading, writing and verbal communication skills.

I believe reading is an essential skill to have and maintain. If you cannot read it could be difficult to complete an application. You could harm others in a professional environment if instructions are not followed. You could also harm yourself. If you cannot read well enough you could incorrectly take medications, misread signs, as well as other simple labels and instructions.

Writing skills are important to have when you have to communicate in a non-verbal setting. With today's technology email is often the preferred method of communication in the work place. If you have good written communication it allows you to clearly state what is required or being asked with confusion.

I also think verbal communication is a key asset to have. Without good verbal communication skills it may become difficult for others to understand what you are trying to articulate. Communication skills are great to have if you attend meetings and have to answer questions, or if you have to give presentations. With good verbal communication skills it will allow you to explain with less hesitation. Also, if you are in a customer service environment, verbal communication can help with quicker resolution.

In addition to the reading, writing, and verbal communication, furthering your education is the most important skill to have when obtaining and keeping any job. Technology, and job requirements change all the time. With continued education, it allows you to effectively complete your responsibilities. Furthering your education helps you how to write effectively. You can become a better reader. As well as learning the art of verbal communication. This is why I think furthering your education is the most important skill to have in getting and maintaining a job.

Being able to exercise is essential for overall good health. Not only does it provide us good health benefits, like reduced blood pressure and a lower risk for heart disease. It helps with mobility and flexibility and gives one stronger and leaner muscles, which also contribute to overall health.

Often, many people do not exercise, this can be for many reasons. They don't have the time, this could be because of work, kids or both. Some people don't like to exercise and find it boring and mundane and the others are just plain lazy and don't have the motivation to exercise.

I believe if people were more educated on health and dietary concerns, they would realize that exercise is an essential part of survival. Exercise is not only an act of responsibility to your overall health, it is an act of self love.

We are surrounded by advertisements everywhere in our daily lives; on TV, in magazines, and on billboards. I am definitely influenced by the advertisements. When I see Paula Dean's Egg McMuffin Sandwich Maker, I want to buy it. Or if I see Rachel Ray's new Dutch Pot Set, I want to buy it. And this is just by watching TV.

When I go out I see billboards with the tasty new Angus Burger from McDonald's. It makes me hungry so I want to stop by McDonald's and try it. If I see an Old Navy billboard and there is a sale on items, buy two get one half off, I want to go shopping and see what they have.

When coupons come in the mail for Shop Rite or Stop-n-Shop with good savings, I cut out the coupons and when I go to the grocery store I use the coupons so I can save on my grocery bill. However, sometimes I buy things I don't really need because I have a coupon.

As far as I'm concerned, advertising works on me. If I see things advertised that interest me, I am motivated to buy them. Whether I see them on TV, in magazines or on billboards, I am influenced by advertisements.

4a

The internet plays a big role in everyday life. Sometimes the impact is negative; but more often than not, the internet serves to bring people closer together.

The time saved by using the internet gives people the opportunity to have more time to spend with friends and family. Instead of shopping at three different stores to find a certain item, a person can compare prices online and go directly to the store with the best price. Paying bills can be done online as well. This cuts down on time spent writing checks and making trips to the Post Office.

Secondly, e-mail allows people to connect with one another in more personal ways than speaking on the phone. Baby pictures can be sent to grandma the minute they are taken, updates on family news can be received with the click of a button, and questions can be asked about family vacations without several phone calls to interrupt daily business.

Possibly more important is the fact that the internet allows people who would otherwise feel alone to have connections with people in similar circumstances. A person with a rare, debilitating disease, who can't even leave their house, can speak to other sufferers on the other side of the world. This would not be possible without the internet. Even people without ailments, who just feel out of touch in a fast paced world, can connect with people in internet support groups dealing with social problems.

While the internet opens the door for many negative things, on a broad scale, it connects people and allows for quick easy communication, bringing people closer together.

Exercise is Essential to Good Health

Many people want to feel healthy, look great, and have toned bodies, but most people don't like to exercise. Exercise can be good for your health. It helps you stay younger, stronger, keeps you in shape, maintains your weight and can prevent some health problems. Exercise can also help you release tension and stress from daily activities such as work, school, taking care of children, and other things going on in your life.

Most people do not exercise regularly. I believe people do not exercise because most people simply don't have the time. They work, are going to school, or have children at home to take care of. Others are just too lazy to exercise and would rather sit in front of a television, browse the internet, talk on the phone, or play video games.

I believe that if there were more advertisements on television, newspapers, and bill boards, on how to eat healthy, lose weight, and keep a good exercising plan, more people would be interested in exercising. Food companies should make healthier foods. Vending machines should have healthier snacks. Gyms should prompt better membership plans and television should show more commercials on why it is good to exercise and eat healthy.

Exercise is essential to good health, and if everyone made more time for exercising and eating healthy, more people would be in shape, and live healthy lives.

4c

We've all been there. It's the day of your big job interview and the only thing you can think of are all the possible things that could go wrong. But instead of focusing on the negative, here are some things I've learned through my own experience that will help you make a good impression and obtain the job you're striving for. Be prompt. Make sure you arrive on time. Make sure you give yourself plenty of time to get ready. This will save you less hassle and help in your arriving to your interview location safely.

Appearance is very important. Make sure your attire is neat and orderly. You want to show the potential employer that you are a well kept person. A person dressed sloppy and hair uncombed is not the kind of person most employers want to hire. It's also helpful to write down a few questions you may want to ask concerning the place you may be working. What is expected of you, what to wear, how much will you be making an hour or is it salary. Your employer will normally offer this information without you having to ask. But just in case they don't, it's important to get these answers.

Great news! You got the job! Now your attention is focused on what you must do to keep it. Many of the things listed previously are still important to practice even once you are hired. Arriving to work on time, neat clothing and hair, ect.. It can be hard to memorize a lot of new information concerning your new job. This may be in an entirely new work force you've never experienced. Or perhaps it's your first job. Don't become discouraged! It will take a bit of time to grow completely accustomed to your new place of employment. Make sure you try your best and really focus on the material you're trying to learn. As long as you're following these important steps, your interview will go smoothly, and the job will most likely become yours!

I believe that everyone, myself included, is influenced by advertisements in our purchases. When you watch television, there are a lot of commercial breaks. During the course of a thirty minute television show, you might see the same commercial five times. It can cause you to become sort of brain washed. What I mean by that is, even though you might not realize it, when you hear something repeatedly, it gets in your subconscious mind. Even if you are not paying full attention to the commercial, your brain still registers the information and stores it. It will then access that information when you are in the purchasing process decision.

Another way that advertisements influence us is by using clever marketing. They use catchy phrases or songs that will stick out in your mind. The object is to stand out to the customer more than the next company. For example, I recently had to rent a car. I don't do it often at all so I didn't have a company that I use on a regular basis. The first name that came to mind was Enterprise Rent A Car. The reason why I remember them is because their slogan is "Pick Enterprise, we'll pick you up". It is not only convenient but catchy, so I called them first and ended up renting from them. The bigger the company, the bigger the influence. People are more likely to buy a brand or use a service that they have heard of before. When I go to the grocery store to buy something, I will usually buy a brand that I am familiar with rather than something that I haven't heard of. I hear about different brands on TV commercials mostly, but also when I look at a magazine or on the side of a bus, pretty much everywhere around me.

Companies also use your emotions to influence you into buying their products. They can use fear in a commercial for a home alarm company such as the Sloman Shield. In one of their ad, they have a teenager sitting at home without their parents when a burglar breaks down the door. Since the family has the Sloman Shield, the alarm goes off and scares him away. A parent looking at this commercial can feel scared that the same thing will happen to their child and as a result get their product. Another emotion that is used to influence people is happiness, peace of mind. A company like Gerber Baby which manufactures baby foods for example sells peace of mind. They say in their ads that they make their baby foods using the best natural ingredients. Every mother want the best for their child and since natural ingredients are the best, a mother will most likely pick their brand for their baby food.

Whether through slogans or emotions, companies spend billions of dollars every year on advertisement that will sell their products. We are all influenced by advertisement whether on television commercials, in magazines or by word of mouth. If you live in this world, you cannot help but be influenced by advertisements.

Everybody knows that exercise is essential to good health. It is a fundamental equation that just makes sense. What goes in must come out. Therefore the energy that is produced from our food intake must be utilised; otherwise it is processed into fats, hence the need for exercise. It is not easy to exercise in the 21st century. Everywhere you turn, there are escalators, elevators and lifts. Covered walkways, sheltered overhead bridges and underground tunnels are a norm, and the air-conditioner is the Number One factor in deciding where to have lunch.

At work, the type of the work itself poses a problem. Sitting down on a chair facing a computer screen for 8 hours a day yields almost no opportunity for exercise, although the fingers certainly get a good work-out from all that typing and clicking. At home, busy people prefer to buy food in disposable packages, eliminating the opportunity of preparing food, cooking and washing up as a form of physical activity. After dinner, people usually start on their couch-related activities, be it channel-surfing or going back to the computer. Worse, they go out for a smoke (or many smokes, in some cases) or indulge in alcohol-related beverages to wind the night up.

"Too busy!" is the usual reason people give when asked when they do not exercise more regularly. All that emphasis on the paper chase and climbing the corporate ladder has forced people to shift their priority from leading a healthy fulfilling life to the "out-earn, out-work & out-perform" competition at work, and exercise naturally takes a back seat.

There is nothing that can be done about it. No government initiatives or incentives can force someone to get off their bottoms and onto their feet to get that much needed exercise. The change, like all morals and values that a person holds, must come from within. Once an individual realizes he is wasting his physical body away each day, he will summon the strength from inside himself to incorporate exercise into his lifestyle.

I myself will start tonight...or maybe after this weekend would be a better time.

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There are different reasons why many people do not exercise regularly. Firstly, there are those who are not aware that exercise is essential to good health. This group may be the elderly or those with little or no education. They may not have access to health education on the importance of exercise. For this group particularly, the government can try to promote regular exercise through public education via the mass media like television and radio broadcast or advertisements on bus and mrt panels.

However, there is a larger group of people who know the usefulness of regular exercise, but they are not doing anything about it. One reason is that they lack the commitment to exercise regularly. Some may have given up after some attempts to do jogging or swimming or other forms of exercise. But they could not sustain their interests in these work-outs because they feel bored when they exercise alone. Therefore, it is good to exercise together with some good friends or family members so that they can motivate each other. For example, they can pace each other while they jog or swim or play games like tennis or badminton. Exercising with a regular companion will also help bond the friendship and improve relationship.

Another reason for the lack of commitment is the demands of work or other family responsibilities like parents who have to take care of young children or the elderly. Here the couple can try to share out the responsibilities in taking care of the family so that each can have time for regular exercise with their friends or colleagues. Alternatively, mothers may join some mothers' network who can then help to take care of the children so that mothers can have time for exercise. If the children are older, the parents can involve the children in doing brisk walking or swimming or play any simple physical games like frisbees for fun. Another option is to check if the company provide any gym facilities and try to make use of those facilities for workouts either before or after work or even before lunch. If there are no such facilities offered at the working place, the couple can join some fitness clubs and try to schedule time for regular exercise. A good suggestion, if they can afford the fees, is to sign up for some recreation clubs which have facilities for good work-out exercise for families. Some of these clubs also organise special outings or other physical activities like hiking or biking events.

For those who are really very busy at work and at home, they can also explore other ways of exercising. After all, the purpose of exercise is to try to get our bodies to do some physical activities to burn off the extra calories. Therefore, to make up for the lack of regular exercise, one can sometimes try to walk up the staircase instead of taking the elevator or escalator when one goes shopping. And to combat the unhealthy effect of a sedentary lifestyle, one can also try once in a while to twiddle one's toes, and do some simple neck, and limbs movement instead of taking long coffee breaks at the office. Another idea is to be engaged in any interesting hobbies or activities such as gardening that exert the body.

The above suggestions may be helpful but in the final analysis one must have the conviction on the importance of exercise for good health and then have the discipline and the creativity to find ways to do various kinds interesting physical activities. Finally, the government or the health ministry can help to promote exercise through health education, advertisements and also working with companies to encourage workers to exercise regularly as part of the government's emphasis to improve quality of life at work.