

IELTS Writing Task 2

Sample 11

Topic: Health and Fitness



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Writing Task 2 Sample 11

Health and Fitness IELTS Essay 1

Many working people get little or no exercise either during the working days or in their free time, and have health problems as a result. Why do many working people not get enough exercise? What can be done about this problem?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Health problems brought on by inactivity are becoming more common in modern society. Particularly working people who struggle to stay in shape as a result of their sedentary lifestyle. Additionally, they lead busy lives, which may be improved by setting out certain times for exercise.

One of the primary factors is people's lack of increased activity due to their busy lives. People who work 9 am to 5 pm, especially those who have sedentary occupations, have little time for exercise, which makes them fatigued after work. As a result, people prefer to unwind and watch TV at home, and they frequently have health problems including obesity and high blood pressure. It is challenging to exercise, for instance, because many people in the UK who work in the medical field put in more than 16 hours every day.

A set timetable would be a smart idea to stay in shape and could be a potential answer to this issue. It could be motivating to be more physically active during certain times of the day. For instance, many fitness experts advise that people greatly enhance their health by running for just 20 minutes in the morning before work.



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In conclusion, the majority of working individuals don't exercise enough owing to a lack of time, which results in fitness issues. However, setting aside a few minutes each day could improve their physical health. It is advised that awareness campaigns be developed in schools to educate pupils about this issue following this meticulous investigation.

(250 words)

Model Sample Answer 2 Band 7.5

It is a common misconception that people who work full-time devote little or completely no time for exercising or engaging in other activities. It is the same whether they're working or free. But this might also be the source of health issues. In the sentences that follow, I'll go over the cause and possible solutions.

The busy schedule can be the root of the problem, to start. This is due to the fact that many people have other priorities after finishing their work that must also be completed. Additionally, the majority of the tasks are allowed to be completed to ensure a successful day. For instance, cooking dinner for the family and doing laundry to keep the house clean and organised. Therefore, it is a little more challenging to manage your time and find some free time for exercise.

Reduced working hours can be one of the primary options. This is because doing it this manner will provide you more free time to focus on your health. Additionally, this may be useful for the future. For instance, going to the gym will reduce your risk of getting any diseases, like diabetes and heart issues. In order to avoid this scenario in the years to come, it is therefore more important to pay attention to your nutrition and lifestyle. Overall, cutting back on employment hours is preferable.

In conclusion, many people don't exercise much or don't find time to do even after work or during their leisure time, which might lead to health issues. Due to the overwhelming quantity of obligations, it may be difficult to find time for oneself. Although it is preferable to cut back on the number of working days to avoid infections.

(282 words)



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Model Sample Answer 3 Band 7

Healthy lifestyles are based on exercise and a balanced diet. Unfortunately, few people adhere to this strict regimen, leading to sedentary lifestyles, obesity, and serious health problems including high blood pressure. This essay will address the likely reason for the lack of physical activity and potential remedies to modify one's way of life.

Everybody is vying for money in this cutthroat society. Working individuals frequently skip out on physical activities due to busy schedules and long workdays, which lowers productivity. According to a World Health Organization study, engaging in physical activities regularly increases job productivity by twofold. Second, rather than engaging in hard exercise after work, working parents choose to spend time with their kids.

Additionally, certain sections of the population believe that removing their minds from the stress of the office by watching a movie or reading a book during their downtime is refreshing. It is accurate to state that all of these variables contribute to a lack of a fitness regimen and result in clear health risks.

For the sake of society as a whole, this issue must be resolved. First and foremost, businesses should take the initiative to regularly schedule fitness events like yoga, zumba, and meditation sessions within the workplace. Additionally, managers should encourage their staff to take part in these activities by lightening their workload. To illustrate this, IT businesses routinely organise such activities on their property in order to boost the health of their staff. Second, teens should organise their free time to participate in sports like cricket, tennis, football, or recreational activities like running, cycling, etc., that are equal to gym workouts. This will foster socialisation, collaboration, and self-esteem.

To sum up, living a healthy life requires ongoing willingness and self-motivation. By following the aforementioned steps, we may all reach this shared objective.



Model Sample Answer 4 Band 6.5

Workouts are important for maintaining a healthy body, which is necessary for maintaining a healthy mind. Working exercise regularly is necessary to maintain one's health and one's productivity. However, a lot of individuals ignore their bodies by sitting about all day, working long hours, and not getting enough exercise. In order to ensure that their bodies are able to work and function at their best, they need to incorporate regular exercise into their daily schedule.

People operate like machines in a competitive environment to meet dependents' needs. First, advances in science and technology have reduced manual labour and body mobility. Working long hours leaves no time or energy for physical exercise. Private sector workers have strict schedules. They work 10-12 hours and commute 2-3 hours. They can't exercise. Many workers are too weary to exercise when they get home. Machines replace manual labour. Nobody walks 100 metres. They communicate with coworkers via intercom. These variables cause inactivity.

Efforts to raise people's knowledge of their health should be coordinated in order to address this issue. Mental stress should be reduced as much as possible by employers through the scheduling of frequent exercise and rest. In order to care for their bodies by exercising, employed folks should undergo routine office health checks. To engage the working class, contests promoting health awareness should be established. Physical activities improve the strength and productivity of employees.

I'll end by saying it once more: people often neglect their health in the rush to make ends meet. The human body is a machine that needs exercise to stay in good shape.

(264 words)



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Health and Fitness IELTS Essay 2

The growing number of overweight people is putting a strain on the health care system. Some people think that the best way to deal with this problem is to introduce more physical education lessons in school curriculum. To what extent do you agree?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Obesity has emerged as a major concern in recent years. Some individuals feel that the rising number of overweight persons is straining the health care system and believe that the best approach to address this issue is to include physical education and exercises in the school curriculum.

To begin with, obesity is becoming a widespread problem for all individuals. In addition, education is the sole opportunity to reach youngsters and educate them that being overweight may lead to a variety of disorders, such as high blood pressure, diabetes, and heart-related conditions. A study revealed, for instance, that the majority of persons who suffer from ailments are overweight in comparison to others. Therefore, schools should emphasise the value of physical fitness.

Furthermore, education-related health care is always useful since it not only benefits children but also their parents by encouraging them to maintain a healthy lifestyle. In addition, students should engage in health-related activities. According to a survey, the majority of schools include physical education programmes on their schedule. Therefore, those studying courses and information are essential to keep them motivated.

However, I would not disregard the fact that it is hazardous to pupils. Due to the fact that physical education comprises fitness training, sports, and games, it may have resulted in bodily harm. If these activities are included in school, it will be their job to supervise each child. Therefore, institutions must be cautious when introducing this element to their curricula.



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To conclude, although there is a risk to include health care in school, it is more beneficial as it gives appropriate cognition about healthy life, and inspires us to do exercise on a regular basis.

(276 words)

Model Sample Answer 2 Band 7.5

In recent times, health care has become more inevitable to survive in this unhealthy world. Some individuals fought and placed pressure on the healthcare system in response to the growing number of obese individuals, while others believed that the best approach to address this issue would be to include it in the school curriculum. I partially disagree with this statement, and my preference will be explained further.

To begin with, the increased intake of junk food is the primary cause of obesity and unhealthiness. In addition, children should be taught the negative impacts of junk food consumption. For instance, according to a survey, schools educate students on the significance of avoiding obesity and the negative effects it may have on the human body; as a result, teachers have seen changes in children's comprehension.

In addition, being overweight has distinct long-term effects on the human body. Moreover, if schools include healthcare in their curriculum, they will be able to educate children on the significance of health and the long-term benefits of exercise. For example, youngsters quickly comprehend what they are taught at school. Thus, by teaching the idea and encouraging physical activity, schools may help youngsters maintain their fitness.

However, I would not disregard the fact that many students are physically disabled, but they have to attend the class as a compulsion. If during any exercise or activity children will face struggle, then school would be responsible for that; as a result, they should not include healthcare in their schedule.

To conclude, despite the danger to pupils' health, schools should include healthcare in their curricula since it teaches them the value of health and activity, which is more advantageous for the children.

(281 words)



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Model Sample Answer 3 Band 7

Nowadays, obesity is a growing issue that puts extra strain on the health care system. According to others, the main cause of the issue is a lack of physical exercise; thus, they advocate increasing the number of physical education classes in schools. I disagree with this statement to a major extent, and my explanation will be addressed further.

To begin with, a strong physical assertion has a favourable effect on cognitive abilities. Since some say that this practice is unnecessary, parents must consider their children's physical activity outside of school. For instance, a youngster may have health issues that prevent him from playing certain games. Therefore, schools cannot enforce their innovations if parents oppose them.

In addition, the most effective approach to combating obesity would include diet and nutrition. Government should consider introducing lessons on healthy eating in schools and implementing initiatives to boost the availability of nutritious food in schools. For example, the state may subsidise fruits and vegetables in school cafeterias to make them more accessible to youngsters. Therefore, children will be more receptive to lectures.

However, I would consider the fact that physical activity is essential to prevent diseases for a healthy lifestyle. Furthermore, introduction of physical education lessons in syllabus not only motivates children, but parents are also encouraged to choose healthy activities to set an example for children. In addition, these activities become part of children's life. Thus, it would be better if they add this subject in the curriculum.

To conclude, depict the fact that physical activity is essential for the body, better diet plan and healthy food will affect more than any activity.

(270 words)



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Model Sample Answer 4 Band 6.5

The healthcare system is placed under greater strain. The number of individuals who are overweight is rising substantially each day. The majority of individuals believe that increasing the number of physical education programmes in schools is one solution to the problem. I utterly agree with this approach, and my preference will be discussed further.

To begin with, children understand the significance of physical fitness at a young age, and if the courses are mandated, they will include both practical and theoretical instruction. Emphasis on theoretical training will encourage young minds to pay attention to what they consume each day and how healthy it is for them. A youngster who learns the consequences of overeating and lack of exercise, for instance, will develop a long-term commitment to a healthy lifestyle.

Furthermore, a sedentary lifestyle is very harmful to our health, and juvenile is the ideal time to develop good exercise habits. Due to the fact that a lack of physical activity has been identified as the primary predictor of a variety of diseases, it is accountable for several types of cancer and obesity. Children are more adaptable than adults; thus, it makes sense to interfere in schools, since this would have the most influence.

However, exercise will curb the concern of rapidly growing obesity is not justified because, the primary cause for overweight is the increasing number of fast-food outlets, ignorance towards the negative implications of junk food on health is evident with every new outlet that is introduced in the market. Hence, instead of depending on school, they should focus on themselves.

To conclude, although it depends on pupils how much they consume junk-food, schools should add this curriculum as it is beneficial for students and for their parents as well.

(291 words)



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Health and Fitness IELTS Essay 3

Smoking is a major cause of serious illness and death throughout the world today. In the interest of public health, governments should ban cigarettes and other tobacco products. Do you agree or disagree?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Even teenagers have increased their cigarette and tobacco use in recent times. Some people believe that the government should take action against the manufacture of tobacco and cigarettes since they have devastating consequences on the human body that ultimately result in death. However, I completely agree with this given approach, and my preference will be discussed further.

To embark with, tobacco contains nicotine which releases dopamine in the brain system which makes people addicted towards it. Since various chemicals take place in tobacco, people suffer from heart related diseases and from cancer as well. To cite an example, a researcher conducted an experiment and determined that, by consuming tobacco, it damages the heart by causing it to work harder and faster, and it decreases blood and oxygen levels in the body. Hence, the government should outlaw tobacco to preserve peoples' lives.

Furthermore, since smoking inhibits the expansion of lung functions, it has a direct impact on the body's respiratory system. Moreover, smoking makes individuals more sensitive to nicotine and reliant on it. For example, according to a survey, youngsters are becoming more dependent on smoking than adults, which not only harms their lungs but also makes them frailer. Hence, youth represent the country's golden generation, and the government should safeguard them by prohibiting these items.

In conclusion, health is the prerequisite for a happy existence. While the decision to use these items is ultimately up to the person, state authorities should regulate them and prohibit the manufacturing of dangerous cigarettes and tobacco to prevent people from using them.

(258 words)



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Model Sample Answer 2 Band 7.5

In recent years, smoking and tobacco have become a contentious subject of discussion. Some individuals think that cigarettes and tobacco contain substances that cause sickness and death; thus, the government should prohibit their manufacturing. I wholeheartedly agree with this opinion, and my preference will be addressed in upcoming paragraphs.

To begin with, Tobacco smoke is dangerous not just to the smoker, but also to nonsmokers who inhale even a tiny quantity. If people consume tobacco, then they will suffer from mouth or tongue cancer. For example, according to a survey, tobacco-dependent individuals are dying from cancer, while others are living with the advanced stages of the disease. Thus, consumption of these products affects the consumer and also ruins their family lives as well.

In addition, smoking and tobacco are life takers. Even when individuals are aware of the adverse effects of these products, they will continue to take them because it makes them feel happy, helps them to concentrate, and gives them more energy. According to a researcher, for instance, it demonstrated that after experiencing these types of feelings, they start to depend on them; as a consequence, they develop an addiction, which causes cancer and other harmful diseases. Thus, to save individuals from life loss, the government should ban these products.

To conclude, although higher authorities prohibit consumers from consuming by increasing knowledge, they should limit the manufacture of these items since once individuals develop an addiction to them, they would not be able to stop despite being aware of the negative consequences.

(254 words)



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Model Sample Answer 3 Band 7

Nowadays, People are becoming used to dangerous substances such as cigarettes and tobacco. Some individuals believe that the government should halt the manufacture of these items since they cause serious illness and death. I completely support this strategy and my opinion will be discussed further.

To embark with, cigarettes and tobacco include a variety of toxic compounds that raise blood pressure and pulse rate. In addition, when individuals continue to consume it, their hearing and sense of smell gradually deteriorate. A healthcare study revealed, for instance, that smokers lose their faculties and senses at a younger age than nonsmokers. Hence, in order to avoid these sorts of ailments, it is necessary for higher authorities to prohibit these items.

In addition to the health issues, addicted individuals are also impacted when they are unable to ingest these substances on time. When individuals get hooked on cigarettes and tobacco, they become dizzy and lose their temper when they do not use them. For instance, a prominent physician said in an interview that when dependent individuals do not get their product on time, it begins to influence their mental state, causing them to develop headaches or behave erratically. Hence, to prevent these kinds of illnesses, the government should take action; however, individuals should also attempt to prevent this.

To conclude, even though it is the government's responsibility to stop the production of harmful products, individuals should understand the detrimental effects of these on the human body, and to protect themselves, and to prevent diseases they should stop to consume and help authorities to ban it.

(262 words)



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Model Sample Answer 4 Band 6.5

In today's educated environment, smoking and tobacco use have become a fad among the youth. Some people believe that the government should prohibit cigarettes and tobacco since it causes death in those who consume them. I completely agree with this statement, and my perspective will be addressed in the following lines.

To begin with, smoking increases the risk of developing heart-related disorders or perhaps death. Moreover, smoking blocks the lungs, which is most inevitable to breathe. Since people turned towards smoking, the ratio of death by heart attack has increased. For instance, an article of healthcare published that, the total number of people dying everyday, and cancer and heart attack patients are responsible for half of the death rate. Thus, in order to reduce the number of deaths caused by it, the government had to take stringent action against it.

In addition, cigarettes and tobacco make life shorter and harder to live as it damages the human body since people started to consume it. In addition, the toxic substances it contains, it also has an adverse effect on the liver and kidneys. For example, an interview with a doctor illustrated that, once the liver is damaged, then it is hard to live; as a result, people should stay away from harmful products. Therefore, people should understand the importance of their lives and the government should ban this also.

To conclude, to live a healthy and happy life people should quit cigarettes and tobacco . Although it depends on the consumer's choices, the government should ban these products to protect people.

(260 words)



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The best way to improve health is to exercise daily. To what extent do you agree?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

The modern lifestyle requires regular participation in a variety of physical activities. Exercising regularly is the most efficient method for both preserving and improving one's health. In my opinion, it is essential to overall fitness and well-being. However, eating a nutritious diet is also important.

These days, leading an active lifestyle is rare. A majority of people work desk jobs or spend excessive time watching TV. The greater the amount of desk work, the less physical activity is performed. In the past, people were much more active by performing different household or outdoor chores. Exercising regularly is one of the finest strategies to enhance our health. For instance, boosting the body's metabolism may be achieved by jogging or walking for approximately thirty minutes every day. All organs must work properly, which directly influences our body's well-being. Moreover, physical activity is necessary for health, provided the right meals are eaten wisely.

On the other hand, the consumption of fast food and prepared meals has increased. Individuals in today's generation work long hours and often consume convenience foods. These foods are laden with fat and sugar, which contribute to obesity. Several illnesses, like heart attacks and diabetes attacks, are primarily caused by obesity. To be healthy, you must eat the right types of meals in the right amounts. In my opinion, it is critical to have some variation of vegetables and fresh fruits in our everyday diet. They are said to be rich in nutrients and minerals that are necessary for both the mind and body to be healthy.



In conclusion, it is believed by some individuals that the best way to improve fitness is to exercise every day. But I think that a healthy diet is just as important as physical activity.

(291 Words)

Model Sample Answer 2 Band 7.5

The significance of exercising cannot be questioned. Likewise, everybody must prioritize their health. Thus, many people strive to remain fit by using various methods. Exercise every day, however, is the ideal method for improving health. due to several factors. I do not agree with this statement completely, since exercise without the right diet shows no outcome.

Nowadays, people have less physical activity. Adults have white-collar jobs, that is, desk jobs; children play video games instead of outdoor games. This has reduced outdoor activities tremendously. It has made people very inactive and lazy. The result is obesity, lethargicness, and a rise in health issues. Regular exercises help in several ways, such as strengthening bones and muscles, maintaining weight, and so on. Additionally, it regulates cholesterol and blood pressure. Few published reports suggest that daily exercises also increase mental fitness and help with distress.

Some individuals think the immune system is boosted by regular exercise. However, consuming meals high in vitamins and minerals is also essential for increasing immunity. A proper meal plan is vital and should include healthy liquids along with fruits and vegetables. On the other hand, putting too much strain on your muscles may lead to injuries such as sprains and fractures. This risk is increased when lifting heavy weights. Thus, there is a possibility of physical harm.

To sum up, it is true that exercising regularly is necessary and makes a person more active and energetic; however, it cannot enable this alone with a proper meal rich in proteins and minerals.

(253 Words)



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Model Sample Answer 3 Band 7

Since ancient times, people have kept their health and bodies fit by doing exercises and physical work. Hence, it is believed that the most effective way to boost health is to exercise daily. I do not agree with this statement completely, as a balanced diet is equally important for good health.

A regular workout is needed because it helps to keep their weight in check and also aids in better blood circulation in the body and their metabolism. Furthermore, exercising every day lowers their risk of chronic diseases such as diabetes. It also enables individuals to build up their strength and core body muscles. Even children should do physical activities daily; they can be in the form of sports like football, basketball, and so on. This will help keep them busy as well as maintain their weight. This is suggested because recent studies show that 40 out of 100 kids are obese. This creates an alarming situation.

While exercise is important, consuming a nutritious and balanced diet is equally important as well. Every day, the body requires a certain number of calories to function properly. Exercising means shedding the fat and calories consumed. However, if we do not follow a proper diet, the result is not visible. For example, having an unhealthy diet will not give the expected outcome. A balanced diet includes consuming foods that are rich in nutrients and vitamins while steering clear of processed foods.

To sum up, it's important to work out every day if you want to be healthy and have a fit body, but it's also important to eat healthy, nutritious food every day if you want to stay healthy.

(276 Words)



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Model Sample Answer 4 Band 6.5

People's health has become a major topic across the globe. Every person is aware of exercise and its importance. Some people believe that everyday exercise is important and an excellent way to improve and maintain your health. I partially agree with the statement because, to be healthy, one only needs to exercise.

People now have access to everything thanks to technological advancement. Whether it is ordering food from a restaurant or shopping online, everything can be done by clicking a button. This has made people lethargic and less active. This reduction in activities has led to individuals being unhealthy. A person needs to burn a certain amount of calories every day to remain fit. Exercise is done to get rid of the excessive calories gained. This is important because these calories contain fats that accumulate and gradually form layers of fat, resulting in obesity.

However, exercising is not the only way to burn calories. Going to a gym and working out is the only way to maintain your fitness. The same can be achieved by walking for a certain number of hours or even playing sports that require physical movement. Sports like volleyball, cricket, and many others should be played. And along with that, the right diet is also important. Without a proper diet, doing exercise blindly is the same as doing nothing. It is said that being fit is 70 percent of what we eat and 30 percent of the exercise we do.

To sum up, exercising, being active, and eating healthily are the keys to being healthy and fit. Doing only one thing, such as exercise, is not beneficial because it does not show any outcome.

(278 Words)

Health and Fitness IELTS Essay 5

Despite a large number of gyms, a sedentary lifestyle is gaining popularity in the contemporary world. What problems are associated with this? What solutions can you suggest?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.



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Model Sample Answer 1 Band 8

Despite a large number of gyms, individuals today favour a sedentary lifestyle. In this essay, I want to discuss a few issues related to the subject and the possible solutions.

On the one hand, advancements in technology now allow people a decent chance to make money using computers. Since they spend more than eight hours a day in front of monitors, the majority of these workers suffer back problems. The Ukrainian Institute of Vertebra reports that 70% of IT workers have a spine-related issue. Overweight is the second issue with a sedentary lifestyle. The person will save the most calories from eating if they don't exercise or aren't sufficiently active throughout the day. According to recent Oxford University studies, this issue affects nearly 60% of persons who lead sedentary lifestyles. On the other hand, these issues have a remedy. Some specialists think that two or three yoga lessons per week or a gentle workout in the gym are sufficient to keep your spine in good condition. You will perform certain exercises at home if you don't have time to go to the gym. The second issue is something we can solve with motivation and dedication. Several trainers advised walking 5 to 7 kilometres each day, or roughly 10,000 steps, to reduce your weight. Extremely significant diet; if you follow it for one month while eating wholesome foods like meat, produce, and grains, you will begin to lose weight.

I'd want to conclude by saying that although leading a sedentary lifestyle is more challenging than many people realize, we have access to enough sports facilities to address its effects. We have a sufficient number of strategies for improving our health and preventing all the issues that this way of living causes.

(291 words)



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Model Sample Answer 2 Band 7.5

In the modern world, people still opt to maintain a sedentary lifestyle despite the abundance of health facilities for exercise. In this essay, I'll talk about the issues raised by this kind of behaviour and offer some potential fixes.

First off, individuals are increasingly addicted to their smartphones these days rather than exercising outside or in a gym. With technology and busy lifestyles, most people spend their time perusing the internet or watching movies while snacking. The rising use of technology has overshadowed the growth of gyms. So, the current generation is more susceptible to obesity and related health issues like type 1 diabetes due to lack of exercise. Quantifying a person's internet usage and setting aside time for exercise may solve the problem. People will live more balanced and healthy lives as a result.

A sedentary lifestyle also impacts mental health. Endorphins, which make people joyful, are released when people exercise. Without physical activity, blood flow to the brain is restricted, limiting oxygen to brain cells. Moreover, decreased brain activity hinders productivity at work. One approach is for firms to require employees to exercise and have a healthcare centre on site. Hence, workers will be more motivated to exercise because it's part of their job, and travelling time to the gym will be minimized, optimizing time use.

In conclusion, a sedentary lifestyle not only contributes to physiological problems but also has an impact on mental health. It is not only the individual's obligation to make an attempt to set aside a specific amount of time for being mobile; it is also the duty of those who work with him to make sure he has time to take care of his health.

(282 words)

Model Sample Answer 3 Band 7

People are living a lifestyle with less activities in this ultramodern era. Despite the prevalence of fitness clubs and gyms, society favours sitting rather than moving about. As a result of integrating an inactive lifestyle, people are losing their physical and mental health. The issues and potential remedies to stop this threat are covered in the paragraphs that follow.



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The following list summarizes the main issues the person is dealing with. Obesity and many other health-related illnesses, including high blood pressure and joint discomfort, are two of the main effects of adopting an entirely sedentary lifestyle. In this case, the patient gets ill at a relatively young age. Also, it encourages inactivity and laziness among people because, by maintaining a sedentary lifestyle, everyone is forced to sit and no one is concerned that their fitness is declining. Even individuals who are aware of the advantages of adopting a healthy lifestyle may nevertheless be unwilling to put themselves through the trouble and quit bothering.

Nonetheless, there may be strategies to limit this problem's unfavourable effects. mostly by organizing workplace tasks that call for some physical activity. For instance, recreational exercise should be arranged once a week to address health issues. This can include any type of sport as well as occasionally a little activity during the day during a break or in the morning that involves a brief warm-up or few exercises. Also, each employee should be able to complete all of their job responsibilities independently. It entails using a stairway rather than an elevator when going from one building to another for their own employment.

To sum up, it is challenging for humanity to abandon sedentary existence, but effective measures must be taken to restore health.

(286 words)

Model Sample Answer 4 Band 6.5

Even if there are many fitness centres and established workout programs, modern lifestyle has become more complicated and sedentary. But these exhausting daily routines and desk-bound behaviours exacerbate health problems. There are steps that can be performed to reduce sedentary behaviour.

First off, because the cost of basic necessities has gone up, most people now work overtime or freelance jobs to make ends meet. This encourages people to relax and spend their free time calmly. Furthermore, life is now just a click away thanks to digitalization. Such examples include social media, online gaming, easy meal delivery, online shipping, online banking, and home theatres. Heart disease, obesity, high blood pressure, cholesterol, diabetes, migraines, and particularly mental health problems are all linked to these ongoing sedentary lifestyles. People are encouraged to remain sedentary by these health issues.



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To lead a more active lifestyle, there are some options. People spend most of their time at the office and work. People will be encouraged to overcome sedentary lives by introducing team activities like fun games after work, free gym memberships with restrictions, car-free days at the office, computerised step counters, and providing healthy meals. To live a healthy life, awareness and knowledge must start early in life.

In conclusion, despite the focus on exercise and health, it is a fact that inactive lifestyles are growing. A sedentary lifestyle can result in a number of physical and mental health issues, therefore it's crucial to maintain a healthy lifestyle with frequent exercise and a balanced diet. So, a healthier lifestyle could benefit from good knowledge and encouragement.

(261 words)

Health and Fitness IELTS Essay 6

An increasing number of children are overweight, which could result in many problems when they grow older, both in terms of their health and health care costs. Why do you think so many children are overweight? What could be done to solve this problem?

Justify your stand and include any relevant incidents/instances from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Obesity is a growing problem for both children and administrations, which are forced to spend more money on healthcare services as a result. I'll go through some of the causes and solutions to this problem in this essay.



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Having a wide variety of food choices is a major perk of living in an economically developed culture like ours. It's a shame that the overwhelming majority of them aren't in great shape. Domino's, for example, is a rapid chain that heavily promotes its products to youngsters. Consequently, a large percentage of them have become obese as a result of eating Dominoes on a daily basis. As technology advances, kids are squandering hours on their machines and less time hanging out with friends, participating in physical activity, and getting exercise outside.

To counteract obesity in children, school nutrition programs may help children acquire a variety of important life skills throughout their formative years. Therefore, it is essential to instill in youngsters an appreciation for healthy eating. Students at Colegium Elementary School in my neighbourhood are learning about nutrition as part of a new course they've developed. This has a significant impact on reducing the number of obese pupils. Secondly, governments should fund initiatives like this one that teach young people about food and cooking. Healthcare expenses may be reduced by lowering the incidence of obesity.

When it comes to young people who are obese, technological innovations and the expansion of fast food alternatives could be harmful. However, this is not an insurmountable barrier. This is a problem that has to be addressed, and the best place to start is by incorporating the interventions and action plans that I have laid down in this essay.

(275 words)

Model Sample Answer 2 Band 7.5

Obesity is a hurdle that costs taxpayers more money. Nonetheless, in today's world, a large proportion of children of all ages are obese. This issue is the cause of several ailments, including cardiovascular and cardiac conditions. This occurs, in my opinion, because many children like snacking and frequently consume ready-made meals. Moreover, parents should regulate their children's diets.

First, I assume sedentary lifestyle causes obesity crisis. Due to technology, they pick pc games over the park. As in 1950s, kids played around for 5 hours each week, compared to two hours now. Fatty foods are another factor. Toddlers were eating less healthfully because of all the fat- and fructose sweets are accessible. Most kids today want pies, cheeseburgers, pasta, etc. for their regular dishes.



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Healthcare seems to be another cause. Some kids are excessively fat. Because kids inherit their parents' DNA and endocrine abnormalities. A genetically fat child may still manage his metabolism by eating well. Frequent physical activity can help him manage his weight loss. 40 percent of obese US children who receive effective therapy, a healthy diet, and moderate exercise stop getting fat.

In conclusion, adolescents develop obese because they prefer unhealthy processed foods to nutritious vegetables and fruits. I am certain that it is vital to regulate the foods we consume, which should include broccoli and cabbage, in addition to baked goods and dairy items. I believe that teenagers with a sweet appetite should avoid goods containing a great deal of sugar and instead stock their refrigerators with more veggies.

(253 words)

Model Sample Answer 3 Band 7

Obesity has become a global problem among babies and toddlers. A condition like this may lead to a variety of disorders, including cardiac and cerebrovascular problems. It occurs, according to my view, due to the prevalence of microwave meals among children who like grabbing a quick bite. As a last point, mom and dad must keep an eye on what their kids are eating.

Numerous factors contribute to the rise of childhood obesity. The first of several contributing variables is eating too much fast food. According to a recent study, obesity affects 17 percent of the overall of youngsters between the ranges of 2 and 19. Sometimes people will opt to eat cheap meals at fast food restaurants like Subway because they are lethargic, however as a result, they and their offspring wind up being overweight. Not introducing the kids to sports and exercise is another factor, in my opinion. Young people today have access to their own smartphones, computers, and video game systems. Additionally, kids utilise devices on a daily average of eight hours. To put it another way, if you don't move around because you're at home the whole day, you can consume more calories and suffer various negative effects on your vision, body, and pulse.

It is recommended that youngsters be provided a good meal plan and regular exercise regimen in order to prevent any health issues that may develop over time. For the first few days, working moms should keep an eye on them and then hand the task up to their children.



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The final point is that if parents want their children to be raised fit and healthy, they need to spend a lot of time working with them on issues like nourishment and screen activity.

(291 words)

Model Sample Answer 4 Band 6.5

The prevalence of overweight children and adolescents raises a slew of health concerns and costs associated with medical care. Adolescent excess weight can, in my opinion, be attributed to a variety of factors. Even so, there are ways to improve the situation.

There seem to be a number of factors contributing to the rising obesity rate among young people today. This occurs for a variety of factors, but the most prevalent is that students preferred fast food to a healthy, homecook diet. Addiction to fast foods such as hamburgers, samosas, and others is on rise among adolescent, and daily consumption can result in weight gain. Consequently, an individual may develop a heart illness, such as heart attack, which escalates their hospital bills. As eg:, one of my friend died of a heart attack as result of her weight gain or poor nutrition.

However, there is numerous solution to the problem at hand. A better and healthier diet and regular exercise can aid in preventing infant from gaining excessive weight. Constantly make it clear that young people should make it a habit to exercise consistently and perform some yoga asanas. Despite this, teenagers must still strive to consume a diet rich in vitamins, proteins, and calcium. My grandfather is in excellent health despite being in his mid-1970s since he strictly adheres to his sailing diet and exercise regimen.

That is all there was to it in this essay, which covers both the cause or remedy for what was stated. Individuals, in my opinion, are solely responsible for their own health and wellbeing.

(261 words)



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Health and Fitness IELTS Essay 7

Health care should not be provided for free regardless of a person's income. The health of a person is in their own hands and they should, therefore, be held accountable for that. Do you agree with this statement?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Many nations are coming up with free medical services for their taxpayers like Canada, the USA, Australia, etc. But many citizens of the world think that medical management should not be given without charge regardless if it is the richest person in the world or the poorest person in the world. I disagree with this mindset of people that medical should not take charge of the people and my views are given below with proper views and appropriate examples.

To start with, free healthcare will result in improvement of child's health and the ratio of child death due to lack of availability of hospitals would be minimized. In developing nations like India, Bangladesh, Nepal, etc many children lose their life after birth due to a lack of money in their respective families but if hospitals would not take charge of medical facilities many lives can be saved. Moreover, It will be helpful to the whole nation as several deaths due to lack of medical facilities.

Moreover, nowadays as private hospitals are making healthcare a business, making healthcare free in the country would minimize the scandals of private hospitals and they will have to focus on the patient's health rather than focussing on the money. Furthermore, the overall longevity of life of the citizens in each country would increase which will directly increase the economic growth of the country as every person would be able to contribute to society.

To conclude, there are many benefits of making the healthcare system free, like a decrease in child deaths due to lack of money, no private hospital scandals, and an increase in the economic growth of countries.

(274 words)



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Model Sample Answer 2 Band 7.5

Many people say free healthcare facilities in a country should not be accommodated to people regardless of their financial stability, as it would be their responsibility to take care of their well-being. I agree with this view that hospitals should take charge of the medication and my reasoning is discussed below with proper examples.

To start with, if medication would be provided for free then, the crowd in hospitals and waiting period for getting medical facilities would increase from highly facilitated hospitals to small clinics, and as a consequence, many unwanted things can happen. If hospitals would charge for medical facilities then crowds will be dispersed and masses would not be congregated at one place for health care, which doctor's duty and patient's safety will also increase.

Continuing with, In developing nations, with a high population, it is next to impossible for a government to provide funds for the hospitals and doctors and nursing staff working in the hospital, as a result, the government will accomplish higher taxes in the country, which won't be a great thing for a lower-middle-class family and the poor ones. Furthermore, if the government will provide free health maintenance then corruption would escalate which will result in dissatisfaction among patients about the health care system in the country.

In conclusion, providing free medical facilities would have several drawbacks such as chances of enlargement in corruption, excessive taxation in the country, lots of crowds in hospitals for check-ups, and also it would not be favorable for developing nations to implement free medical facilities across the country.

(260 words)

Model Sample Answer 3 Band 7

Medical facilities in many developed and developing nations are now free for the citizens of the country, which has many benefits for citizens and the country too. I disagree with this statement that medicine should not be provided for free, as each person is accountable for their health.



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To start with, if healthcare is provided for free then the economy will increase as people can invest that money in different sources and be able to save more money in their life. For example, if a person whose monthly income is 15000, if gets hospitalized, then it would not be possible for him to cover that expense of the hospital by his income and lastly he would have to take money from his savings which would cause a bit of trouble in his future.

Moreover, in all the cases of a medical emergency, it can also happen that a wide range of people can get hospitalized due to others' fault and would have to do surgery. For example, in a flood situation in Uttarakhand in 2013 many pilgrims lost their lives due to insufficient funds. In that situation only nature was responsible, so providing a free medical system would have saved many lives and many injured would be able to recover from the injury in a small amount of time.

In conclusion, there are many benefits of providing free medical facilities to citizens, like a rise in the economy of a country, savings for middle-class families could be saved, and many people who got injured due to natural or manual disaster could be saved.

(263 words)

Model Sample Answer 4 Band 6.5

Many people think that providing a medical facility for free to all citizens of the country is not a good idea for the government as it is their responsibility to take care of themselves. I totally agree with this view that people are only responsible for their health and their medication should be done by themselves only.

To begin with, as the medical facilities will be free of cost for all, hospitals will have a lot of crowd in hospitals, as a consequence, the quality of health care would decrease and it would directly affect the overall development of a country as the deaths and time for recovering from the disease. Moreover, This coverage of loose fitness offerings creates a poor stigma in society, as properly as, will increase the price of living. In addition explain, that now no longer charging for the clinical remedies has an incorrect effect on the general public as they least hassle approximately their proper-being.



In addition to that, although the medical facilities would be of no charge for citizens, the overall burden on the masses would be more on people as the government will impose more tax on medical facilities every year. Furthermore, people in countries where medicine is free would become careless about their health as the medical treatment is of no charge, they would not think about hygiene and their health as medical services are of no charge.

To conclude, there are many drawbacks of providing medical care for free such as irresponsibility among people will increase, the government will increase tax in the medical department, and also the masses in hospitals will be more than ever due to free medical facilities.

(280 words)

Health and Fitness IELTS Essay 8

Everybody should become a vegetarian because they do not need to eat meat to have a healthy diet. Do you agree or disagree?

Include any relevant examples from your own experiences or understanding and your arguments for the opinion you have regarding the topic.

Write at least 250 words.

Model Sample Answer 1 Band 8

Everyone ought to make the move to a vegetarian diet because including meat in one's diet in any form is not required for maintaining a healthy diet. I think that this opinion has been derived from a little polarized thinking. The upcoming passages will outline the various views and benefits.

There are a few reasons why certain people are more likely to switch to vegetarian diets. First of all, this sort of diet may put an end to animal cruelty. Unfortunately, a large number of animals are killed every year throughout the majority of the globe to generate meat items for human consumption. Additionally, certain endangered species may be at risk of going extinct due to illicit poaching and poaching for everyday meat intake. Furthermore, since raising cattle can result in significant emissions of carbon dioxide, the mass manufacturing of various meat products may increase our carbon footprint. As a result, the widespread meat industry may contribute to environmental deterioration.



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However, there are several obvious drawbacks to a vegetarian diet. To stay in good health, our bodies require a vast range of vitamins, proteins, and other dietary components. Fruits and vegetables alone cannot provide a person's need for sufficient proteins and vitamins. A balanced diet that includes a variety of meats and vegetables can thereby reduce health concerns. Additionally, individuals should find alternative ways to fulfill their own food needs because some dangers, like famine and the greenhouse effect, may result in a shortage of herbal goods. As a result, individuals should cut back on relying just on one product for their meals.

In conclusion, it is important for individuals to obtain the nutrients they need from the food they eat on a daily basis; hence, it is preferable for them to consume a diet that is balanced and includes a variety of foods, ranging from vegetables to different kinds of meat.

(312 words)

Model Sample Answer 2 Band 7.5

A person's life depends heavily on their diet. Some people believe that everyone should adopt a vegetarian diet and stop eating meat. Few people think that eating vegetarian cuisine might be dissatisfying to their bodies, compared to eating meat. Despite this, I do not totally concur with the notion that everyone has to give up meat in order to be healthy.

To begin, following a vegetarian diet exclusively does not constitute a balanced diet, and there is no data to back up this assertion. To put it another way, in some activities like wrestling and boxing, where daily caloric demands are much greater than those of other persons, the only way to get this quantity of energy is to consume a diet that is heavy on meat. As a direct consequence of this, not everyone can acquire all of their nutrition from the plants around them.

On the other hand, a vegetarian diet that is healthful is often low in calories and rich in protein. According to a number of studies, eating meat, particularly red meat, is associated with an increased likelihood of developing cardiovascular disease, dementia, and some forms of cancer. In addition, the intake of meat is one factor that has led to an increase in levels of obesity all around the world.



Finally, I want to stress that although a vegetarian diet has many advantages, I still think that vegetarians may need to take a lot of supplements and work hard to have a varied diet that is rich in important macronutrients. While keeping healthy, non-vegetarians may readily combine vegetarian and non-vegetarian diets.

(268 words)

Model Sample Answer 3 Band 7

Undoubtedly, a balanced diet is essential for maintaining good health throughout life. However, since they are vegetarians, individuals like eating green vegetables as part of their feast and do not require a non-vegetarian meal to maintain good health. I completely concur with the aforementioned statement, which I will clarify with concrete instances in the sections that follow.

To begin, every living thing, whether it is a fish, a chick, or a goat, has the same fundamental right that people do to take pleasure in every moment of their lives. Therefore, a living being does not have the ability to die because they are not getting enough of the nutrients that their body needs since they have access to a wide variety of foods that may satisfy those needs, such as fruits, vegetables, milk, and beverages, and among various other things. In addition, it is unarguable that eggs are a valuable source of protein; however, if humans attempt to kill chickens and ducks, and chicks for their own gain, this will, in the long run, have an effect on the food web. This is because the environment has its own food chain that works to maintain the equilibrium of the ecological system.

Combining all of the information presented in the previous paragraphs, people should make an effort to consume the foods that are suggested to them by the food chain. These foods include plants and vegetables as well as dairy products. These foods are adequate to supply us with the necessary vitamins, carbohydrates, proteins, and minerals that are required by our bodies in order to stay fit and healthy. As a result, adopting a herbivorous diet rather than an omnivorous one is highly recommended.

(283 words)

Model Sample Answer 4 Band 6.5

While some individuals consider meat consumption a necessary component of a balanced diet, others argue it is not necessary for people to do so. I firmly believe that people do not require the consumption of meat in order to have wonderful lives, and I will explain why below.



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To begin, it should be common knowledge that a diet that is intended to promote good health must have a number of main and smaller ingredients. These elements include macronutrients, such as fat and carbohydrates; vitamins; and minerals. There are a number of alternatives to the consumption of animal protein that are also high in protein but do not involve the consumption of animals. These alternatives have the potential to safeguard the existence of a significant number of animals. The human species is able to obtain the necessary macronutrients from sources that are more advantageous.

In addition, eating meat is not a necessary component of a healthy diet, and success is not directly correlated to the amount of meat consumed. Additionally, an individual has to take in additional components in a well-balanced manner. In addition, a healthy body condition requires eating fruits and vegetables since these foods provide essential supplements like magnesium and vitamin C. Fruits and vegetables are essential for a healthy body condition. There are other ways to achieve nutritional parity outside the consumption of animals during one's meal.

In conclusion, the most critical aspect of a diet that is nutritious is consuming its contents in a way that is appropriate. There are several foods that supply it, and choosing such meals rather than consuming meat is an option to consider. As a result, individuals are able to consume nutritious food. In addition, no harmless creatures would be hurt in the process.

(292 words)

Health and Fitness IELTS Essay 9

The dangers of smoking are well known, yet many people continue with this habit. What are the causes of this? How can we reduce smoking in society?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

According to my observations, the enormous majority of cigarette smokers turn a deaf ear, if not unaware, to the health hazards posed by smoking. Considering this, it is important to understand their tendency for this addictive substance, as well as ways to motivate complete elimination, and I'm going to analyze both parts in this essay.



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Nicotine is consumed by smokers for the simple reason that they have become addicted to something that is, in fact, a really dangerous chemical. Such individuals may have started experimenting with smoking in their adolescence, or fallen victim to peer influence. Even without the necessary willpower, even just a short-term close association could indeed result in psychological influence as well as a lifelong commitment among youngsters. Cigarette smoke offers stress and relaxation relief, which is the major cause of consuming cigarettes. The cost of accessing an increasingly complicated, quicker, and today technologically advanced world is unavoidable. Similar to how some individuals are involved in physical activity and others consume coffee, people who smoke defend their routine as just a cheap and handy way to relax and energize at convenient stages.

Provided the grit and determination in which smokers adhere to their views, the most effective anti-smoking tactic is to downgrade the habit for users. Advertising campaigns are frequently employed to accomplish this goal in my nation. Similarly, there require to be laws regulating the illustration of smoking in films and shows to prevent easily influenced youths from trying to mimic their on-screen pop stars.

To sum up, although these remedies appear promising, highly experienced smokers may always require the alternative of their stress buster.

(268 words)

Model Sample Answer 2 Band 7.5

The most common type of cancer is lung cancer, which is induced by smoking cigarettes and is among the rapidly increasing health hazards. While individuals are aware of the consequences, they proceed with this addiction. Stress at work and the euphoria that smoking generates are the major causes of cigarettes. This can be resolved through lifestyle changes and mental toughness.

Firstly, a lot of individuals start smoking as a result of work stress. They deal with work-related stress through cigarettes. This might assist individuals in resting their minds and continues to maintain their calmness until they take up their tasks. On the contrary hand, teenagers start smoking drugs due to the excitement and sensation they feel when breathing normally the smoke. It starts as a leisure activity but later becomes an addictive substance. When a person inhales, a certain sort of hormone is decided to release, which also helps to keep them relaxed and calm.



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Similarly, the very same hormone that is launched all through smoking is also set to release all through a workout, as per a study. Individuals with stressful occupations should enroll in a gym and maintain a daily exercise routine which also helps start making them fit and healthy. Meditation and physical exercise are the most effective methods for dealing with stress; therefore, individuals should allow themselves to participate in regular meditation, which helps strengthen the mind. This strengthens the ability to challenge their troubles without fear. Consequently, modifying relatively small aspects of their way of life can result in considerable long-term transition.

In conclusion, numerous causes can lead to smoking, but there are also possible options for these causes. The only solution to problems is not smoking. Individual transformation can gradually have a ripple impact on society.

(292 words)

Model Sample Answer 3 Band 7

Nowadays, non-profit organizations are educating the public about the harmful effects of smoking. Even though people are aware of "What long-term damage it causes to their health as well as body," a significant amount of individuals continue to smoke. In my opinion, educating individuals on the medical benefits of quitting smoking could perhaps lead to positive outcomes.

First, most individuals are aware of tobacco consumption and "What it's doing to their inner organs." However, people that smoke each and every day suffer from a range of health complications, which includes liver cancer, kidney damage, and neurological problems. Furthermore, cigarette smoking can reduce a human's life expectancy, primarily due to lung disease and fertility issues increase as frequent cigarette consumption rises. Some individual people imagine that it might reduce stress. Non-smokers can start breathing the air released into the air by tobacco users, which can also lead to health issues.

Furthermore, the government should impose restrictions on smoking and increase consciousness. For instance, camping and educating individuals about the harm that it causes to organs. Moreover, there really are medical benefits to smoking reduction. Marketing is also a means of communication with citizens. Cinema plays an important role by showcasing good impacts, "Which could also trigger" people and turn them away from the direction of lowering. There could be serious repercussions if the government didn't enforce any regulations. Lastly, the most important aspect of avoiding tobacco is spreading awareness.



To sum up, even though many individuals are aware of the consequences. Some people continue to be habitual, like drug addiction. Smoking can indeed be diminished with the assistance of both the government and individuals.

(277 words)

Model Sample Answer 4 Band 6.5

It is assumed that several humans continue to smoke despite being conscious of its dangers. This seems to be largely attributable to social pressures, that can be lowered by raising the company's import tax.

Firstly, peer pressure serves as one of the leading causes of cigarettes. The large majority of individuals participate in this habit because of their desire to experience and be part of a specific socioeconomic status. According to the latest study commissioned by the World Health Organization, nearly half of Asian adults are either addicted to smoking or drug addicts as a byproduct of societal pressure. For example, I recently witnessed a group of adolescents smoking in a cafe in a Government area of the state and I tried to approach them to alert them about the health hazards of tobacco use. Furthermore, experimental research is also another factor contributing. A large percentage of cigarette smokers started experimenting with cigarettes before they became hopelessly addicted and reliant.

Increasing the price of tobacco products is indeed a method for reducing smoking in the nation. And hence, whenever a person desired to purchase the item he would indeed be made to pay the cost again for cigarettes or tobacco in addition to an extra 20 percent GST on the product, thereby discouraging them from purchasing it. Similarly, the marketing of the product should indeed be explicitly banned. Broadcasting, social networking sites, as well as the media as a whole should be ordered to stop broadcasting advertisements for cigarettes and other tobacco-related products.

In conclusion, smokers become dependent on tobacco and cigarettes through experimental work and societal expectations; this could be diminished by increasing the price of these products and restricting their marketing.

(283 words)



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Health and Fitness IELTS Essay 10

One of the consequences of improved medical care is that people are living longer and life expectancy is increasing. Do you think advantages outweigh disadvantages?

Include any relevant examples from your own experiences or expertise, as well as your reasoning for your choice.

Write at least **250** words.

Model Sample Answer 1 Band 8

The field of medicine is always evolving and becoming more advanced. Longevity and an increase in the average lifetime are two results that may be attributed to such advancements; I personally believe that the benefits significantly exceed the downsides.

The passing of a loved one is a terrible experience, and the grief that follows may sometimes feel overwhelming and insurmountable. As a direct consequence of this, it is challenging to stick to the same routine during these challenging times. These days, the prevalence of this ailment is lower than it used to be, which means that people no longer need to live in constant worry of losing a loved one to the disease. One additional benefit of this advancement in medical technology is that we will have more time to spend with the people we care about. Through conversation with them, we could get insight into their lives and the wider world around us.

In contrast, there are major downsides to living longer. Providing financial aid to seniors is one of them. Whether they choose to age in place at a nursing home or remain independent, all seniors will incur greater financial burdens from the government and their communities as they require higher levels of specialized care as they become older. Another consequence is a shrinking and older workforce. Some retirees may be allowed to continue working because of the age rise, but they may be unable to perform their duties as well as they formerly did. For example, even though a senior has years of expertise in the workforce, keeping up with the latest software and hardware might be challenging.

The final benefit of these advancements in medical technology is an increase in the average lifespan. This trend, in my opinion, provides possibilities to benefit from the knowledge and wisdom of our forebears as well as to spend more quality time with them.

(314 words)



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Model Sample Answer 2 Band 7.5

There is no doubt that the development of new technologies has been an essential contributor to the progression of medical care. As a direct consequence of this development, the average lifespan of individuals has grown over the course of history. This article explores both the positive and negative aspects of human beings being able to live longer as a direct result of developments in medical technology.

One of the best things about having a longer expected life span is that people will have more time on their hands, giving them the chance to do more things and learn more about life. Many young people in today's society put too much emphasis on making personal and professional progress at the expense of their desire to have fun. People are more likely to live longer if they have the freedom to start working on their goals as soon as possible. With the help of new strategies that have been made possible by spending money on medical care over the years, the vast majority of people with chronic and untreatable diseases like cancer can now be helped.

There are, however, certain disadvantages to people living longer. The fundamental issue is the growing population of elderly persons who need assistance. In truth, many industrialized nations prioritize providing higher pensions for the elderly and spending a lot of money building and improving their healthcare systems rather than investing money on other things like education and agriculture.

In conclusion, I believe that the advantages of the growing medical business outweigh the disadvantages, since a greater number of people are able to follow their interests, and more effective therapies for a wider variety of ailments are discovered.

(280 words)

Model Sample Answer 3 Band 7

Scientists' diligence and expertise in recent years have led to the development of treatments for a number of potentially fatal illnesses, greatly benefiting human health. Because of this, people nowadays tend to live longer than their ancestors did. There are benefits and drawbacks to this happening, but I believe the benefits will outweigh the drawbacks.



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To begin, this new trend comes with a slew of problems. To start, a proportionately older population is a direct result of the trend toward longer life expectancy. Because the old are unable to provide for themselves financially, the authorities must shoulder the cost of caring for them. Consequently, an abundance of senior citizens will have a dampening effect on the local economy. Second, there's cause for concern over a relative scarcity of available human resources. To elaborate, in industries like manufacturing products, which require a large group of workers, the resources of youthful staff will become inadequate as people live longer and older.

On the other hand, I believe that having a longer life expectancy is beneficial in a variety of ways. These elderly people may work with vitality and vigor in their occupations. Because of their elderly age, they may still contribute to society. The elderly are also beneficial to the country since they will pass on traditional beliefs to the new generation, assisting the latter in acquiring a better grasp of the past. People will also have more time for their lives and families if they live longer.

In conclusion, despite the fact that increased longevity may give rise to certain potential negatives, I feel that its benefits would exceed its cons because advancements in scientific knowledge most likely enhance the quality of human existence.

(283 words)

Model Sample Answer 4 Band 6.5

The progressive advancement of science and technology over the past 50 years has led to the discovery of new pharmaceuticals and medical treatments. As a result, people today can live longer than their ancestors. Despite the potential burden that this development may impose on medical practitioners, I believe that society as a whole stands to benefit greatly from it.

One bad thing about people living longer is that doctors and nurses may have to do more work. In other words, people who are older are more likely to get sick. So, society needs more doctors and nurses to take care of its growing number of older people. A really big problem is caused by the fact that there aren't enough doctors, nurses, and hospital beds. Also, as people get older, the government needs to give out more benefits. This is so that when there are more old people in society, the government can help them enough without having to raise taxes on people who are working age.



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Still, with an increased lifespan comes the reality that some sixty-somethings are in fine shape. Effortlessly, they get the job done. Professionals in retirement would be a tremendous asset to companies if they were permitted to return to the workforce due to their vast amounts of relevant job experience and superior expertise in their fields. Grandparents may be able to help their grandchildren deal with adversity since they have more life experience than young people. Finally, in certain families, young parents with demanding schedules may entrust their children's care and education in the areas of morals, etiquette, and knowledge to more seasoned family members.

In conclusion, it is true that increasing life expectancy may have an impact on medical services and facilities, but it also has several benefits.

(295 words)

Health and Fitness IELTS Essay 11

In many countries, good schools and medical facilities are available only in cities. Some people think new teachers and doctors should work in rural areas for a few years, but others think everyone should be free to choose where they work. Discuss both view and give your own opinion

Give reasons for your answer and include any relevant examples from your knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Education and health facilities are crucial to the development of society in the modern period. Educative and specialised hospitals are unquestionably positioned in urban regions. To equalise these amenities in urban and rural areas, some individuals propose that the government enact regulations requiring doctors and teachers to begin their careers in rural areas. Others, however, reject this proposal by emphasising the freedom to select one's location of employment. In the forthcoming essay, both perspectives will be explored.

To begin with the former argument, the fundamental rationale is that if the new teachers and medics work in rural regions for a little while, it would be a proactive effort to improve the health and educational level of the people in such areas, which are now substandard. Moreover, in rural locations there would be a less stressful work environment, making this a great platform for these experts to extend their careers. Additionally, they would be able to earn unique and significant experience that would be extremely beneficial to their future job development.



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On the other hand, some individuals argue that this idea restricts the personal freedom of these experts to choose where and how they operate. To be accurate, any new professional, whether a doctor or a teacher, would want to begin their career in a challenging position, which is difficult to find in rural areas. In a rural environment, these experts must also sacrifice a substantial salary scale.

In conclusion, I believe that the rural populace requires the skills of professionals rather than untrained individuals. This may be accomplished by offering such specialists a nice compensation, and it is not a significant barrier for any government because their needs are relatively less than in urban areas.

(285 words)

Model Sample Answer 2 Band 7.5

In contemporary decades, living conditions, such as medical and educational facilities, have improved. Due to the shortage of specialised hospitals and educational institutions in rural areas, it is proposed that recent graduates in these sectors should be moved there for a few years. Others disagree with this view and believe that individuals should be free to choose their own occupations. Both perspectives are discussed here, although I stand with the former view.

To commence with, there are numerous advantages for professionals working in rural locations. First, there are fewer medical and educational facilities in rural areas, and with the support of well-trained physicians and teachers, the quality of these services would increase significantly. This would eventually improve these individuals' standard of living. Second, this development would probably prevent rural inhabitants from migrating to urban areas. Due to this, urban cities can prevent overpopulation. In addition, it would be a great opportunity for teachers and medics to expand their practical expertise, so boosting their self-confidence when interacting with people, as there would be a huge workforce in rural areas.

On the other hand, some people believe that recent graduates have the right to pick a comfortable workplace. Initially, such a mandatory regulation may have negative impacts. Some teachers and doctors, for instance, may not want to be assigned to these remote areas because they cannot be separated from their families or because they consider the living possibilities there as unpleasant.



In conclusion, deploying the top physicians and educators to rural areas would undoubtedly contribute to the nation's growth. However, I believe that the government should offer financial and non-financial incentives to these people in order to increase their motivation to live in these locations and contribute to improving their quality.

(289 words)

Model Sample Answer 3 Band 7

In every nation, there are always certain regions that remain relatively poor, while others are advancing at an excellent rate. This difference between the wealthy and the poor is one of the most prevalent global challenges. To improve the quality of life for its citizens, governments implement specific policies. Therefore, it is suggested that newly graduated medics and teachers relocate to rural areas in order to improve the level of living. Others oppose this viewpoint. In my opinion, the former should be implemented. Hence, both sides are discussed in the next section.

Evidently, the presence of these new specialists in many professions would have a significant impact on the state of rural societies. Without teachers and doctors, the situation in these regions could worsen as there would be no access to medical care and the next generations would stay illiterate owing to a lack of educational resources. Furthermore, there would be no luxury comforts available to new individuals in any area, making it difficult to survive under such circumstances. Therefore, no one would want to live in an impoverished area for years. Consequently, some measures or restrictions are required to encourage them.

However, there are some cons to this policy. Specifically, if a person is forced to work against their will, this would have a negative consequence. In addition, as an independent individual, no one could be forced to work in any location they like. For instance, if doctors and teachers are forced to relocate from large cities to impoverished towns, some of them will likely be resistant. And this condition might easily change a teacher into their pupils' worst fear and a doctor into a murderer.

In conclusion, I concur that in order to better the situation in rural areas, new doctors and educators should voluntarily accept the challenge of working in rural areas, as it is mutually beneficial. However, some steps must be taken to secure its continuation by the government.

(323 words)



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Model Sample Answer 4 Band 6.5

In our modern day, it is evident that fundamental facilities such as educational institutions and hospitals are required. People have different opinions on whether the government should require newly-graduated teachers and doctors to work in rural areas, or whether the decision should be left up to individuals. I believe they should have the option to choose their workplace.

On the one hand, there are numerous reasons why these individuals should work in rural areas. First, in order to become more independent, rural residents require the same facilities as city residents, including education and health care. It is also the government's job to ensure that all citizens, regardless of standards, have access to education and healthcare. Therefore, new graduates in the fields of medicine and education should be willing to reside and give services in the area. Moreover, as there will be no competition for employment and money, they will be able to get experience in the field. In addition, the government should initiate an initiative project and increase the salaries of such individuals, as this would increase their motivation.

In contrast, graduates in the fields of education and health are free to choose their own employment location. They cannot be forced to operate in an unsuitable atmosphere since they require a helping workspace to acquire skills and confidence. In addition, these new trainees must initially monitor the task and learn from more experienced employees. In addition, some individuals do not like to leave their families and work in a rural region. If they were forced to do so, it would have a bad influence on rural residents and the government. Therefore, it is a person's freedom to pick their place of employment, yet, I believe that aiding those who reside in areas without basic facilities is respectable work.

In conclusion, helping underprivileged people is an act of humanity, and the government should raise awareness for the betterment of society and individuals must adapt to tough conditions in small areas.

(329 words)

Health and Fitness IELTS Essay 12

Some sports are considered extremely dangerous, but many people still like them. Why do people take part in dangerous sports? Give some suggestions on how to deal with these dangers

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.



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Model Sample Answer 1 Band 8

Nowadays, sporting events are an important element of life. Almost every country encourages their sportsmen to achieve the best standings and titles in contests such as World cups, commonwealth games, and the Olympics. Furthermore, some activities such as boxing and motorsport involve high threats and sometimes it may eventually cost the lives of the participant. Considering the level of risk associated, participants play an active role in these kinds of sports.

These are some of the important reasons people compete in a type of sport based on their personal interest. For example, Formula One motorsport, which is one of the toughest sports on the planet. The successful strategy is created through the combination of human and technological perfection. This combo is what makes F1 competition more interesting and drivers talent is so challenging to understand. Therefore, youngsters take an interest and grow into exceptional drivers who really can receive the award for their nation. Individuals occasionally enroll in extreme activities for acquiring wealth, since they are rewarded well for participating in activities with higher levels of exposure.

However, there is indeed a way to limit the number of injuries related to these games. Before auto-racing events, for instance, a thorough investigation of the vehicle's mechanical condition should be conducted. Additionally, drivers should wear high-quality headgear to reduce the risk of traumatic pain.

To conclude, some activities are dangerous, people continue to be involved in them. People do it to make money or since they are hungry for success. Furthermore, safety protocols like using body armour and undergoing security screening can be applied to minimise the threat linked with these activities.

(270 words)

Model Sample Answer 2 Band 7.5

In the 21st century, athletics has a crucial role to play in maintaining our well-being as well as being a vital aspect of our everyday activities. There are numerous different types of activities, including mixed martial arts, marine sports, track and field, and team sports. A few of these sports, such as combat sports and trekking, are deadly.



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Thousands of individuals favour these hazardous sporting activities and continue to engage in them often. I believe people enjoy doing that because they might sense a crisis of trust, hence they attempt to retain it by engaging in such risky activities. In addition, certain people have difficulty interacting with those around them so they may be treated unfairly and disrespectfully, so they must study and practice violent sporting activities in order to protect themselves. In addition to the different energies that several people carry, I believe that one of the most prominent elements is their need to unload their frustration by engaging in risky sports such as paragliding.

However, before actually commencing to practice, young athletes should be fully prepared by experienced instructors in order to avoid or minimize the risk associated with this sport. Moreover, age-related limitations should be imposed on such activities, as small teenagers should not be allowed to take part in them due to the involvement of great risks. To conclude, as part of their responsibility to ensure the protection of their citizens, governments and associated regulatory authorities must create regulations to supervise and manage the use of these dangerous activities.

(253 words)

Model Sample Answer 3 Band 7

Sporting events have a crucial role in people's lives since they assist in both proper growth and development. Incredibly dangerous activities are prominent, as per the stated issue. Therefore in this essay, I will analyze the various reasons behind such development and offer various solutions that governments could apply to combat the problems.

To begin with, the desire for all these kinds of high-risk activities is motivated primarily by the related fame and money. But when they attempt hazardous tasks, such as jumping from high rises, they received a large amount of attention and their news about the act becomes the lead story on many news programs. In addition, they are happy when they break that record and apply it to the Record Books. Once they gained popularity, they acquired wealth. For example, several well-known multinational firms engage individuals to promote their brands, and they earn a substantial sum of money as a reward.



Secondly, these activities must be handled properly. All safety measures must be taken. Some sports require additional skills and adult supervision before initial participation. The authorities should only issue licences to firms that have the required equipment for all these activities. Many individuals believe that legalizing these activities is the remedy. Nevertheless, I need not believe that restriction is a realistic alternative, since we all realize, prohibited fruits taste good and people will do these sports in private, thereby raising the risk related to them.

To conclude, people are engaging in such activities for pleasure, financial reward, recognition, and also to test their skills. However, certain sports are only played with thorough coaching under the guidance of experts.

(273 words)

Model Sample Answer 4 Band 6

It is indeed evident that individuals frequently are interested in participating in dangerous activities without getting aware of these potential threats. There have been multiple causes for all of this. However, if particular security protocols are adopted and implemented, the risks involved with all of these activities can be minimized. In this essay, I will briefly explain about the causes and the solutions.

Humans try to engage in risky sports like skydiving, paragliding, and water sports to combat their anxieties and fears, that is one of the main reasons for its growth. Countless individuals deal with the fear of water and heights, and in order to overcome these issues, they participate in risky yet fascinating activities. They feel that these activities will build their motivation and make them extra bold. For instance, my friend was highly afraid of water sports, but in order to solve this worry, he went scuba diving three times in a row in the same week without being conscious of the risks. He no longer worries about the extreme depth of the sea. Furthermore, those who participate in these sports enjoy thrilling and amazing sensations. They feel more young and active.

However, one of the most effective precautions is to utilize the proper safety equipment, such as a helmet, nets, and specialized gear. Before engaging in the activity, the participants' specialized safety clothing and equipment must be thoroughly inspected to ensure that it is in working order. Therefore, this practice would lessen the hazards associated.



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To conclude, It is clear that humans are exposed to extreme activities as it helps them survive their fears. Without even doubt, the risks involved with all these activities can really be significantly lowered by taking appropriate precautions.

(274 words)

Health and Fitness IELTS Essay 13

Nowadays football supporters behave violently. What is the cause? How can we solve it?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

It is frequently observed both in stadiums and among a range of people some sports, like football, agitate the crowd. This results in a significant amount of disorder, and although there are numerous factors that might contribute to an issue of this nature, it is still possible to solve it by taking preventative actions. In the ensuing paragraphs, I will elaborate on both of these elements by providing logical illustrations that support my arguments.

To begin, I would like to shed some light on the primary driving force behind this predicament. The fact that all of the player's over-powering fandom is the primary explanation for this phenomenon. The heated competition between two opposing teams raises the heat; the majority of the time, the teams compete against one another as representatives of their respective countries; for instance, every time India and Pakistan play against each other, the game is met with a great deal of controversy. The emotional connection with the team eventually turns into ego, making them connected to the team to limit that they react violently.



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The only way to stop the atrocities committed by the fans is for them to adopt a more hostile attitude towards one another and the surroundings. No matter what the outcome of the game is, the participants in such sports should encourage spectators to have a positive attitude. Even if such actions occur, the government should take punitive measures against such a criminal offense.

In conclusion, it is essential to consider the fact that the spectators produce a significant amount of pandemonium. The relevant authorities ought to take into consideration the enormous amount of money lost and then act accordingly.

(283 words)

Model Sample Answer 2 Band 7.5

Football has become the most beloved sport in the world. The excitement of the game has caused devotees to the game to behave aggressively. This hooliganism affects both society and the economy of a country; the cause and the solution for this will be elaborated on further.

First and foremost, the audience feels a strong sense of attachment to the team to a significant degree. When a member of the audience's team loses, everyone in the crowd expresses sorrow, but only some of them behave in a horrifying manner. The fact that people do not comprehend the fact that they are merely observers and not participants, is the root cause of all of these problems. They make no distinction between the fact that they never participated in the game and the fact that they were merely observers of it. When someone claims that "we won the game," they are associating themselves with the game in a greater capacity than is strictly necessary.

On the other hand, this kind of circumstance can be resolved by the application of strict measures. Those who break the rules can be forced to pay hefty fines. A just resolution would be to prevent them from entering the stadium and to place them in jail if they cause damage to property.

To wrap up, even if violent behaviors are a concern in football matches, there are a lot of potential solutions to solve this issue.

(250 words)



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Model Sample Answer 3 Band 7

Recent years have unquestionably contributed to a general increase in agitation among the populace. They are not capable of controlling their feelings. As a consequence of this, individuals develop an emotional investment in the game and occasionally engage in violent behavior. Both these aspects will be elaborated in the further write-ups.

It is a well-known truth that a large number of people can be seen drinking alcohol inside the stadium. This amplifies every feeling that the viewers are experiencing as they take in all of the pressure that is being exerted. According to a research paper that was published by Ruth Hannigan, the consumption of alcohol accounts for ninety percent of the disruptions that are created by sports.

It is seen very frequently that, it is imperative that increasing the number of security officers at the stadium must be a top priority, and as a result, it is necessary to have a rapid response team with security guards, professionals in guest services, and local police officials. Intoxication is a recurring problem in many of the events that take place, which is why many leagues have established guidelines for when to stop selling alcohol. The creation of a calm and serene atmosphere inside of a venue is another strategy that may be used to foster positive fan behavior.

To sum up, the consumption of alcoholic beverages and illegal narcotics is the primary contributor to the rise in the number of violent and criminal acts committed by football hooligans. The formulation of stringent restrictions that limit the admission of products that are prohibited into the field is one potential solution to this problem.

(274 words)



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Model Sample Answer 4 Band 6.5

With the increasing popularity of sports like football, it is true that soccer fans frequently engage in aggressive behavior. Some precautions should be taken to prevent fan violence, which is motivated by a fear of losing allegiance and excitement for their beloved club.

It is usual for the vast majority when their team is defeated, it is normal for the vast majority of fans to experience feelings of anger and frustration. The primary reason for this is that a large number of people routinely bet on their preferred teams, and as a result, they are dissatisfied if those teams are victorious in their wagers. The affection they feel for the athletes is another factor that contributes to the escalation of violence in this situation. Because there are some people who sincerely care about their nation's national team and believe in their ability to win, and it causes them a tremendous deal of anguish if their players lose, which results in clashes.

Despite the fact that there are certain remedial actions that may be taken, currently occurring sporting events still have the potential to become an infamous disaster. This might be accomplished by prohibiting gambling and enforcing strict rules on drinking within the venue. In addition, when the team loses, all of the players should explain to the audience why they shouldn't get worked up over it.

To conclude, it is very clear that engaging in such heinous conduct causes damage to society, and it is imperative that preventative steps be made in order to address these issues.

(260 words)



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Health and Fitness IELTS Essay 14

Life now is better than 100 years ago. To what extent do you agree or disagree with this statement? Give reasons for your answer and include any relevant examples from your own knowledge or experience

Give reasons to justify your response and include relevant examples from your knowledge.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Many believe that life in the past was better than it is now, but on the flip side, others argue that new technology has made life easier and more luxurious for everyone. I agree that life is somewhat better today than it was 100 years ago for several reasons which I will discuss in the following essay.

There is no doubt that life is so much better now. This is evidenced by the increasing life expectancy of modern humans. This shows that humans have been on this planet much longer than their ancestors in terms of the number of years they have lived. Much of the world's population has access to improved health care and education. People are more and more aware of the importance of hygiene so they can prolong life.

In addition, the quality of life is increasingly improved over time. There have been no major wars in the last century. People are spending more time with their families and their loved ones than ever before in history as in my opinion they have discovered a new form of fun by spending quality time with them. As the world is adapting to the new revolution of the west where more and more people are using the weekends to enjoy these new forms of entertainment which make their life enjoyable. Today almost every corner of the world is accessible and the number of international tourists is increasing every year. It has made technology accessible to individuals around the world. These technologies can be used for entertainment, productivity or recreation.



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Based on the above evidence, it can be concluded that people's lives have improved over the past century. Also, I believe that today, thanks to both technology and social and cultural movements, there are many opportunities for people to find happiness in what they love to do or enjoy.

(309 words)

Model Sample Answer 2 Band 7.5

It is evident that there has been a major improvement in our lifestyle, which is today more advanced and convenient than it was in the past. I completely agree with the statement. From my perspective, people in each time period have experienced both happiness and misery, nevertheless, the fact that individuals now enjoy their lives better remains unchanged. It has improved life in a number of ways, including the fact that numerous modes of transportation such as motorcycles, automobiles, ships, and aeroplanes make travel convenient. Additionally, distance is no longer an issue for people. On the same day, for instance, I can fly to two separate countries. Consequently, international travel becomes popular, especially among contemporary individuals. On the other hand, transportation and communication technologies did not exist a century ago, and people travelled long distances by walking or riding animals. I believe that today's transportation facilities are far more efficient and convenient than they were a century ago.

Currently, there is a higher standard of living, which is largely appreciated and enjoyed by the whole population. This is a consequence of the introduction of contemporary technology. For instance, the Internet brings people together and accelerates their work by allowing them to send a message to someone on the opposite side of the globe in a millisecond.

In conclusion, I believe that every era is significant. On the one hand, individuals live in a technologically advanced period in which they have access to every comfort. People constantly strive to make their lives easier than they were previously. It makes them more appealing to modern audiences and makes us want to observe how they evolved from the originals.

(276 words)



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Model Sample Answer 3 Band 7

Comparisons between the present and past are always fascinating. Most people would say living ten years ago is nothing compared to living now. I agree with this opinion because we can see that technological progress is tremendous and the world is a safer place, so in fact, it is better now.

People employ advanced technology in their daily lives because it can provide benefits such as improved communication. In the past, for example, people sent letters for long-distance communication, whereas today people just use computers or cellphones to send messages, allowing the population to engage instantly and effortlessly. This is merely an illustration of what technology is capable of, as there are several things that humans in the past could not conceive.

Second, we were still rebuilding after the world war that lasted during the 1910s. Governments were ruled by those who possessed the most powerful military power, and their population were governed by fear. However, the humanities of the twenty-first century are focused on fostering peace. We are controlled by civilised leaders who convene at the United Nations with all of the projects and programmes designed to make the world affluent. For instance, the United States assists nations in conflict zones, and all nations compete to provide the greatest resources.

All things considered, I believe that life is better today due to technology because smartphones and computers have influenced our lives majorly. Also, the key is how we work together as one without any kind of war or violence like before, helping each other out to bring peace to the world.

(263 words)

Model Sample Answer 4 Band 6.5

Comparing the present with the past is often a fun activity. Most people would argue that life 10 years ago was nothing compared to today. I share this view because it is clear that technological improvements have made the world safer and therefore better.



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People incorporate more recent technologies into their routines because they believe doing so will bring about positive changes, such as improved communication. For instance, in the past, people communicated over vast distances by sending letters through the mail. Nowadays, individuals just use computers or mobile phones to transmit messages, which enables people to take part in activities immediately and in an effortless manner. easy. This is merely an example of the powers of modern technology; in reality, there are a lot of things that people living in the past simply could not fathom.

In 2021, 21 years after the turn of the millennium, public transport is now an integral part of the metropolis. It can transport travellers across the country to their destination. Shinkansen, a famous bullet train in Japan, is used by both employees and tourists. This brings civility to the city and can reduce car use, leading to unforeseen energy savings. These have reinforced the fact that today's consumer has many travel options. In the past, individuals travelled to their destination by traditional train or car.

In conclusion, I believe life is better now. What matters is how we collaborate, help each other to make the most progress possible and push the boundaries of what was once thought to be the limit of human potential.

(261 words)

Health and Fitness IELTS Essay 15

Popular events like football World cup and other international sporting occasions are essential in easing international tensions and releasing patriotic emotions in a safe way. To what extent do you agree or disagree with this opinion?

You should use your own ideas, knowledge and experience and support your arguments with examples and with relevant evidence.

You should write at least 250 words.



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Model Sample Answer 1 Band 8

It is considered that events like the International Olympic games, Commonwealth games have a positive influence on the totality of international tensions and implies a safe reveal of patriotic emotions. I partially agree with the statement.

On the one hand, participants from different countries respect each other before competing and while playing against each other, they perceive each other with a spirited attitude. Organizing such events itself is considered an attempt towards peace, and the participation of several nations justifies it very well. Achievement of any country amongst all is entertained and celebrated equally, which highlights a public expression of joy and pride. Even after winning a competition, positive and encouraging comments are received from significant personalities like dominant political leaders and famous charity group founders across the globe and published by the media.

On the other hand, popular events like the football world cup may heat up a discrete competition within the audience belonging to different nations. Elaborating it, challenging or offensive comments towards other groups might be intended in the name of cheering up the players. The unpredictable human nature and emotions are another cause of justifying how athletes get aggrieved by each other, and the situation adds up to the tensions. To conclude, it cannot be denied that organizing famous international competitions contributes towards global peace as its positive outcomes can be seen clearly by the public. However, public disputes and controversies among the players are probable to occur anytime due to the competition and tension.

(255 words)

Model Sample Answer 2 Band 7.5

There is no doubt that famous events like the World Cup are necessary for reducing diplomatic tensions as well as expressing one's emotions regarding the nation healthily. Yet, nowadays, in a fast-growing political world, it has not been purely the case.



When an event happens, all citizens engage in watching it. This mass involvement implies a deduction in the rate of crime and accidents all over the countries. All the teams and audiences live under a similar atmosphere and initially same emotions together. Moreover, people consider their nation's participants as their representatives and soldiers, so they express patriotic emotions by cheering the team enthusiastically.

However, it is often noticed that sometimes casualties in the heat of the moment are formed during sports. It can be misunderstood as an intended action by a player because of his temper or ego. Seeing this can lead to a large public fight too, in case they have also been offended. Furthermore, some claim that the world play involves politics that automatically spreads rumors, even before the event begins. Rumors invite differences in opinions initially, which might lead to offense to some communities of a nation. Large discussions among political leaders can take place, and in an active economy, the markets get affected by such events.

In conclusion, conducting international sports and games is a fine way to convey nationalistic emotions, but it does not diminish the probability of miss-happenings. Among the large audience, misunderstanding is common to occur, hence, leading to ill-motivated actions.
(260 words)

Model Sample Answer 3 Band 7

Events like the World Football Cup are favored in almost every nation. Citizens from different parts of the world have always been eager to find ways in which they can express their emotions regarding their nation. Dominant events like the FIFA World Cup are seen as the best way to do so. But there are few incidents that have occurred on the negative implication side of the purpose.

On the one hand, sports events like the World Football Cup aids people in becoming aware of the achievements and norms of their rival countries. It also serves as the best tool to effectively show dedication and commitment towards the nation as people put their efforts into cheering the team up. People take pride in small achievements made in the game by their nation's team.



On the other hand, political quarrels can take place if any action or decision is misunderstood as an outcome of political involvement, which has been very common these days. National leaders have left no stone unturned in utilizing the role of sports in the name of ministerial interests. For instance, in the United States, in 1980, the summer Olympics was canceled in response to the Soviet Union's invasion of Afghanistan sports scandal.

To conclude, people pursue popular events like international sports as an efficient way to express their interest and patriotic feelings but invasion of politics, which is a very active group of the society, might end up to big changes and other negative outcomes over the economies. Uncertain incidents are rare but not unnoticeable.

(255 words)

Model Sample Answer 4 Band 6.5

Worldwide sporting events have been favored and encouraged for everyone, and a number of people attend these events to express their compassion and belief for their country. I completely agree that such opportunities could be significant to the people of nations. Famed sports events like the Olympics and SEA Games may bring people together as these are always-awaited events across the globe. It has brought many notable changes. For example, football has been able to sustain the differences that gave each European nation its sense of identity as well as enhanced the connection or bond that binds them together as one entity. Moreover, participants dedicate themselves to their nation with intensity as they take an interest, train themselves and make efforts to win the competition for the country. Athletes feel contentment with the entire nation as the citizens encourage them, creating a positive gesture of belongingness. This gesture actually makes a difference in the athletes' play.

Worldwide sports are held to bring peace as it bridges cultural and linguistic differences among nations and points towards a common ground. However, an athlete represents his nation, and hatred of the counterpart could become an antipathy of the nation, creating unwelcoming incidents in the society of respective countries.

In conclusion, popular events like the Football World cup are mainly a dominant and encouraged occurrence, and this has been proved by records of significant changes caused by them. However, a highly unhealthy competitive attitude may result in uncertainty in the end. Slightly negative action can trigger huge quarrels among linguistic or cultural communities.

(259 words)

Health and Fitness IELTS Essay 16

In the developed world, average life expectancy is increasing. What problems will this cause for individuals and society? Suggest some measures that could be taken to reduce the impact of aging populations.

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

In recent decades, life expectancy has increased significantly in certain industrialized nations. The most pressing issues and solutions to mitigate the negative effects of this trend are discussed further.

The growing population places a major demand on the healthcare system, which is only one of the many challenges they face. The elderly people's reduced immune systems make them more vulnerable to chronic ailments like heart disease and diabetes, which require specialized medical treatment. To meet the needs of a growing and aging population, the government's healthcare budget needs to be increased. If a country's life expectancy continues to increase, it will face unanticipated consequences. And thus subject to income taxes, and a larger proportion of its population is retired and eligible for pensions. The concurrent growth in pension expenditures and fall in tax revenue might have a significant impact on government spending and the economy as a whole.

To address the challenges posed by an aging population, the government should undertake several innovative policy approaches. The first step towards a solution would be to strengthen the private sector's role in providing healthcare and retirement benefits. As a result, the government finances would be less stressed. In addition, the government may adopt measures to increase tax revenue, such as encouraging young individuals of working age to immigrate. Individuals must be educated on the need to save for the future and practice sound financial management. At retirement age, those who have saved a sufficient quantity of money will not need to rely on their children or the government for financial support.

In conclusion, a number of different actions might be taken to combat the challenges of a nation with an aging population.

(280 words)



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Model Sample Answer 2 Band 7.5

In today's advanced society, the typical lifespan has increased significantly. Many people welcome the trend as a positive change, but it has created a number of difficulties for many countries. In this essay, I will discuss the effects of this trend and some of the ideas that may come out as a result of our collective efforts to find a solution.

Due to advancements in economics, social politics, education, and public health around the world, today's average lifespan is longer than a century ago. The favorable trend of a longer life expectancy is offset by the difficulties it has presented to the government. To begin, there will be a greater demand for general funds to cover the rising costs of retirement and healthcare as the population ages. Second, the population of retirees will increase at the same time that density issues arise. The rising cost of housing is likely to be a major issue for younger generations as the elderly population continues to expand.

Nevertheless, there are some initiatives that governments could do to address the problem. One method would be for governments to raise the retirement age. Many countries have a standard pension age of 55 years old, which they could raise to 60 or 65 years if their senior citizens are still in good health. As a result, governments' social welfare budgets for retirees would be reduced. Aside from that, governments could provide support to young individuals who want to buy a home.

To summarise, the globe has been quickly evolving in recent years, which has had a favorable impact on average life expectancy. Yet, this beneficial tendency has generated certain issues for individuals and communities, therefore governments must take action to address the issue.

(287 words)



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Model Sample Answer 3 Band 7

The average life expectancy of inhabitants in developed countries has steadily increased in recent years. As a result, the potential issues presented by an aging population are unavoidable. Yet, I believe that countries may limit the potential negative causes by taking the required steps.

A gradually aging population has significant societal and economic effects. Countries must deal with a declining labor force, which causes a loss in productivity, an increase in labor expenses, and delays in the expansion of firms. Moreover, as workers retire at an unusual rate, governments are faced with a greater load on the healthcare system, as chronic diseases and health difficulties associated with elderly citizens become extremely prominent.

Various measures could be taken to address the aforementioned difficulties. Secondly, governments should implement a phased retirement strategy and increase the retirement age from 65 to 70 by encouraging older people to maintain a healthy and productive lifestyle. This would also reduce strains on the labor force and the economy. Similarly, stresses on the healthcare system might be reduced by increasing the healthcare budget. Enhancing government healthcare with contributions from the private sector to provide care and assistance for an aging population also helps. Lastly, increasing local participation in volunteerism, caregiving, and artistic activities with the elderly can help them feel included and soothed. Enormous social and economic benefits help address some of the problems associated with an aging population.

To sum up, the increase in the average life expectancy in developed countries causes a number of problems. But if governments and communities work together to solve these problems, they will be solved in the long run.

(269 words)



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Model Sample Answer 4 Band 6.5

In a rich, modern, industrialized country, the fact that the number of elderly people is getting bigger and bigger is very concerning. This will damage their people and society in a lot of different ways. There are many ways that governments could handle this problem.

One of the biggest problems with the growing number of older people is that governments give a lot more money in pensions for older people to be able to live. Because there are fewer people working and more money is needed, working populations have to pay more taxes. Also, if a country has a lot of older people, the demand for health care and medical services would go up, which would affect how much other age groups have to spend. Another problem is that young adults will have to give up their time to take care of their older relatives.

But these problems are possible to solve. To start, governments need to make it easier to retire later and raise the age. Also, the government should try to get more people to have children and move here so that there are more young adults in the future. The government could also give money to young people to encourage them to get married.

Lastly, the fact that people are living longer on average in wealthy countries is causing some problems. To keep society in balance, governments should act quickly and in the right way to increase the number of young people.

(245 words)



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Health and Fitness IELTS Essay 17

Happiness is considered very important in life. Why is it difficult to define? What factors are important in achieving happiness?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

You should write at least 250 words.

Model Sample Answer 1 Band 8

Happiness is a distinctive emotional experience that plays a paramount role in our lives, fundamental to leading a healthy, peaceful, and positive lifestyle. However, individuals perceive pleasure differently. Some find it in money and material possessions, while others believe it resides in emotions, moments, and relationships.

Defining happiness is challenging because it's a multifaceted and subjective experience that varies greatly from person to person. What brings pleasure to one individual may not necessarily bring it to another. It's influenced by a complex interplay of biological, psychological, social, and cultural factors. For instance, some individuals find satisfaction in the companionship, love, and security marriage brings, seeing it as a significant milestone of personal joy. Conversely, others may find happiness in maintaining their independence, pursuing personal growth, and enjoying the freedom of a single life.

Despite the challenges in defining happiness, certain universal factors play a critical role in its attainment. Firstly, satisfying basic needs such as safety and sustenance is fundamental. These are necessary for the pursuit of higher forms of joy to be significantly improved. Secondly, the strength and quality of one's relationships with family and friends are essential. Genuine connections offer support and satisfaction beyond material success, as highlighted through personal experiences. Lastly, personal freedom and having a sense of purpose are indispensable for delight. Engaging in meaningful activities that align with one's values brings a sense of accomplishment and contentment.

In conclusion, happiness encompasses physical, mental, social, and emotional well-being. Though it is challenging to define and describe, each person encounters pleasure in their own way.

(258 words)



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Model Sample Answer 2 Band 7.5

Being happy is not just about feeling adequate, it also directly influences our physical and mental health. Therefore, everyone prefers to be happy always. However, it is difficult to define happiness because it varies among different individuals and is influenced by cultural, social, and individual factors.

Understanding happiness is challenging due to diverse backgrounds and cultural norms. Each person's unique experiences shape their perception of joy, reflecting the richness of individuality. Appreciating this complexity fosters empathy and deeper connections with others, enhancing our overall well-being. For example, in a mixed neighbourhood, one family enjoys being with others, participating in events, and conversing with neighbours for enjoyment. However, another family prefers solitary activities, feeling happy when they excel in school or work. Both families contribute to the neighbourhood's vibrancy with their distinct ways of finding joy and living.

Achieving happiness hinges on a balance of factors such as meaningful relationships, pursuing passions, and maintaining good health. Practising gratitude and mindfulness are important, as well as setting realistic goals and staying strong when facing difficulties. For instance, maintaining strong connections with family and friends can bring joy and support during tough times. Pursuing hobbies and interests that ignite passion can add satisfaction to daily life. Regular exercise and healthy habits not only boost physical well-being but also contribute to a positive mindset.

In conclusion, while the concept of happiness may be challenging to define, its significance in human life cannot be overstated. Whether it's spending time with loved ones, pursuing your goals, or merely taking care of yourself, focusing on what brings joy can greatly enhance life.

(265 words)



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Model Sample Answer 3 Band 7

Happiness is essential in our lives. Without it, life can become meaningless and unbearable. Even though people think about happiness in many different ways, it's hard to define it exactly because it means something unique to each person.

Describing happiness is challenging because it signifies something different to everyone, with numerous factors to consider. What makes one person happy might not matter to someone else. This makes happiness a very personal and complex thing to understand. Moreover, the pursuit of pleasure, influenced by cultural, societal, and environmental factors, adds further complexity to its definition. Thus, defining happiness for everyone is difficult due to its complex nature and the variety of influencing factors.

Finding happiness involves various elements, both internal and external, and identifying what truly makes us happy is not always straightforward. Personal growth and having a purpose in life significantly contribute to our well-being. External factors like money, health, and resources also impact our satisfaction levels. However, having a lot of money does not necessarily equate to contentment. What matters most is the feeling of belonging, having control over your life, and meeting your basic needs. Happiness arises from a combination of feeling good internally and the circumstances around us.

In conclusion, happiness results from both our internal state and the external situations we face. It's not solely about personal growth and purpose but also how we manage external factors such as money and health. True happiness is found in a balance between feeling fulfilled internally and the events in our external lives.

(254 words)



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Model Sample Answer 4 Band 6.5

Understanding happiness is like floating into unknown waters, where each wave brings new discoveries. Throughout history, people have considered what brings them joy, searching for its essence amidst life's twists and turns. Thus it is always tough to define happiness.

Firstly, different ages have their own ideas about happiness. Young people often chase after things that give them instant pleasure, like toys or treats. Meanwhile, older folks seek deeper satisfaction that lasts a long time, like spending time with loved ones or enjoying peaceful moments. Boys and girls also look at happiness differently. Boys might think that being successful at work or sports makes them happy, while girls might feel happiest when they're surrounded by friends and family.

But there are some factors that everyone agrees bring happiness. One of the most important is good health. Feeling strong and well helps you enjoy life to the fullest. When people are sick or hurt, it's hard for them to find joy in anything. Another big happiness booster is having goals to work towards. Whether it's aiming for a promotion at work or learning a new skill, having something to strive for gives life a sense of purpose and achievement.

So, even though age and gender influence how we see happiness, some things are true for everyone. Staying healthy and having dreams to chase after light up the path to happiness. Even if happiness is hard to define with just one word, the journey to find it teaches us a lot about what truly makes us happy.

(255 words)



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