**Who is affected by the civilization diseases?**

Those people are affected by the civilization diseases who are works in officies, under stress, doing sitting jobs and who are suffer from lack of exercise.

**How did it develope?**

It develope by unsuitable lifestyle.

**Which are the most common deseases? (Please write three!)**

1. High blood pressure
2. Diabetes
3. Excess weight
4. Depression
5. Tumor

**What should they do to avoid the deseases?**

We should live a healthier life, eating more vegetables and fruit, doing some kind of sport and live a stress free life, which is a little bit hard to do.