

ANSWER

It is anticipated that life span of human beings is minimizing owing to adoption of modern lifestyle behaviors in the form of consumption of processed food as well as hazards such as smoking and alcohol. Indeed, the detrimental impact of such factors will definitely become a threat to longevity of next generation.

Unhealthy habits are one of the predominating reasons why people's duration of life is getting shorten. By having ready to eat foods in diet, people are now compromising with their health, as the convenience offered with these meals provides a way out to adjust with their tight schedule. However, this tiring schedule further causes the mental health problems in them such as stress and anxiety. To unwind after a long day's work, people begin to use alcohol and cigarettes as anti-anxiety and anti-depressant agents. This is how some individuals get indulged in such type of lifestyle of preferring fast food more and ignoring their health.

It is undeniable fact that the upbringing of descendants in this critical environment makes them adaptable to follow such way of living. As, regular consumption of ultra-processed food along with excessive amount of alcohol by today's people can cause deleterious repercussions for the future generation. Moreover, intake of other lifestyle exposures like cigarettes and tobacco contributes to spread the chronic disease like cancer from one generation to other and creates risk for longevity of upcoming lives. Hence, change in the way of living not only deteriorates the quality of future life but also subsides the duration of living rapidly.

Agglomerating the facts, I would surmise, this workaholic society and unbalanced diet are causative of changing lifestyle of masses. As a result, an idea of prolonged life of current as well as future generation is being affected significantly. Creating awareness among people would mitigate the negative consequences associated with this trend.