**Some people think that it is the responsibility of the government to ensure that people in the country have healthy lifestyles. Other people believe that individuals should be free to decide their own lifestyles. Discuss both opinions and give your own idea.**

确定话题范围：健康

确定讨论对象：the government, healthy lifestyles, free to decide one’s lifestyles

确定是否有程度词：free to

确定写作任务：Solution 类题型

首段版本一：难度较大

There is an alarming rise in the proportion of adults with unhealthy lifestyles nowadays. Smoking, alcohol misuse and obesity have substantially increased the risk of developing some of the most debilitating chronic diseases. I think that the answer to the prevalence of unhealthy lifestyles **lies beyond** the efforts of people themselves.

首段版本二：难度适中

How to lead a healthy lifestyle has become a major concern to many. While some might argue that people should be allowed the autonomy of choosing their own way of living, I believe in the role of the government **in promoting healthy lifestyles.**

立论段：

Most people understand the importance of a healthy lifestyle **in the prevention of disease and the delay in the deterioration in their health**. They also know that lifestyle changes and choices can be critical in determining their health and lifespan. Yet increasingly fewer people practice a healthy lifestyle. Thus, the role of the government in the promotion of a healthy lifestyle is difficult but inescapable. The government of a country should provide leadership and work collectively across departments on legislation, regulation, and taxation levers to **support activities and run campaigns** that **promote** healthy eating and physical exercises etc.

让步段：

Admittedly, governments should never **curtail the autonomy of** citizens to choose their own lifestyles. But too often people **are unaware of** the unhealthy habits that they have acquired because they barely stop to observe their own lifestyles. Besides, many factors, including economic status, level of education, and genetics etc. contribute to the high number of people who have adopted lifestyles that **undermine** their health. Governments’ efforts are therefore essential to enhance citizen's health awareness.

结尾段：

To conclude, the government **is well positioned to** help citizens **break the habits** that **are damaging to** their health**, and thus** it plays a key role **in the promotion of healthy lifestyles.**

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