

Some people say that the best way to improve public health is by increasing the number of sports facilities. Others, however, say that this would have little effect on public health and that other measures are required.

Discuss both these views and give your own opinion.

Health of people and its side effects of other aspects of urbanization have become a major concern of governments and activities and most of other factors are impacting this issue and governments should have a general plan ~~for te~~ that.

Urban planning and totally designing urban areas with a high level of standards ~~with~~ considering all ~~of~~ human needs and ~~people's~~ health as a most important aspect of life, is one of the most necessary fundamentals to have ~~a~~ healthy and productive people. Not only are those societies **that have forgotten this point in their urbanization and becoming a metropolis**, struggling with a weak generation of their citizens in terms of health, but they also are facing ~~with~~ a huge amount of budget which is spent on medical issues.

Furthermore, ~~existing-existence of an~~ appropriate facilities such as walking paths and parks and ~~providinge~~ a simple way for citizens to access this activity equipment and services can help people to have ~~a~~ great persistence in their daily or weekly activities and that society will have both healthy citizens and low ~~economy-economic~~ issues of their health.

On the other hand, movement and activities to burn calorie and ~~lose loose~~ fat is a part of health necessities and other important factors must be considered. For example, using high-calorie foods such as fast foods can harm people's wellbeing and can bring series of diseases for them. The other factor is the air pollution~~s~~ in cities which ~~have-has~~ impacted both humans and wild animals' life and is causing people to have multiple types of cancers.

In conclusion, governments should have a proper plan for their citizens and in ~~a~~ society, most ~~of~~ problems have a tie with other issues in that society and concentration on a specific solution to solve a problem ~~de-does~~ not have any sufficient answer, ~~so then~~ more measurement are needed.

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