

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

First of all we should know what ~~is the~~ health is exactly. Thanks to new researches, ~~the~~ health involves two factors, physique and spirit. ~~in terms on physical and mental one~~. Improvement in public health is the outcome of the improvement of both of them.

some ~~people~~ believe increasing the number of sports facilities leads to ~~renders~~ public health improvement. Easy-to-reach local sports centres and lower prices s for services can encourage them to spend their spare time on ~~for~~ exercises and physical activities. Most people prefer to watch TV after work or in their leisure time. However, with better sports facilities, not only can they do more exercises, they also spend more time with their families and friends instead of collapsing in front of the screen. Besides, a stronger relationship can improve our mental health too.

On the other hands, some others believe although sports equipments and services can enhance ~~get better~~ public health, there is still room for improvement. our sedentary lifestyle, machines and fast foods diminish/reduce ~~make~~ our activity less and increase our weight more. Natural dishes and low-fat diet besides s activity have a vast influence on our lifestyle. Decreasing fast foods and high-fat products consumption and high-fat products can help as well as increasing nutritious and healthy foods.

From where I stand, maybe increasing sport facilities can improve physical health, but stressful works responsibilities and living under financial pressure have adversely affects ~~on~~ our mental health. The society that is based on safety, justice and welfare can give ~~make people people satisfactionsatisfied, one which/that~~ ~~The satisfaction that~~ encourages s them to change their lifesyle not only in physical terms, but also in general.