

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.

For better or worse, modern life has imposed significant changes on the human lifestyle which has affected his health immensely. Therefore, public health has become a contentious issue that many believe can be improved by encouraging people to live a more active life. Having a reasonable number of sports facilities is a key requirement. However, it is far from more insufficient to improve public health remarkably on its own.

There are various contributing factors in public health that are as important as physical activities such as diet. Modern hectic life has led people into such a hurried life that one hardly ever finds time to eat proper meals. Grabbing a bite of fast food on the way, skipping meals to get to a meeting on time and neglecting a friendly chat with family members over dinner can leave irrecoverable marks on one's life. Seriously raising awareness is required to open people's eyes to this issue.

Another undeniable factor in public health is the serenity which is missed from modern life. Peace of mind contributes to general health greatly. Not only are too busy and stressful are people too busy and stressful, they think of it also as being high-class. "The busier they look, the more important they are" is the false image created in the modern man's mind, whereas there is nothing better

than a slower pace of life for most major health issues of today's world.

It seems to be fair to say that the number of sports facilities are to be increased while many other factors need to be taken into account as well to improve the public health.