

Some people claim that governments should take actions to ensure that people have a healthy life style. Others, however, disagree and believe that people should decide themselves which way they prefer to live their lives.

Having a healthier life is the very wish of ordinary people, and the magnificent effect of everybody's health status on the healthiness of society as a whole is not a secret to anybody, whereas whether the duty of nurturing the public is the onus of statesmen or people themselves has given ~~gave~~ rise to heated controversies.

Some say it is incumbent on the government to supervise the mental and physical soundness of the community. They assert that governments should take any measure possible ~~do proceedings~~ to take people's health status under control, and moreover to enhance ~~hone~~ it, meaning that politicians could enforce rules that the ministry of health perform actions to checkup all family members in scheduled periods, and treat ~~cure~~ the sick if there was any. In addition, they should oblige ordinary people to pursue a healthy method of living by regulating their eating and resting habits, and the food they consume, besides (engage in sport activities) doing the sports actions which they could manage to do.

On the other hand, sociologists believe that every individual should be independent to lead their life as they wish ~~his/her living approach~~. Indeed no ~~not any~~ person or organization is permitted to interfere in with people's lifestyle, since such interference will blemish the rule of personal liberty in society. They claim that each person has ~~have~~ the right to manage what he/she tends to eat or is ~~is~~ keen on doing as a daily schedule. Therefore, people should be free to plan their life according to subjects which are they feel enthusiastic about.

From my point of view, administering a vigorous life plan for individuals is the undeniable obligation of both people and governments. I strongly believe that contributing every effort to having a healthier life manner is not only the duty/burden ~~onus~~ of every citizen, but also a must for statesmen. The healthiness of the community is the building brick of every society which looks forward to reaching a sustainable development. Therefore, in developing countries everybody including ordinary people and politicians should follow a continuous program to promote ~~increase~~ the mental and physical state of the public.

In a nutshell, the health status of people is of high importance for countries which are demanding a bright future, and to this end all the community should perform as one acting lever to improve inhabitants' healthiness.