

9 – Test 3

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

Discuss both these views and give your own opinion.

The idea of improving public health and how to make it possible has been a great concern in societies. This essay deals with different views of those who believe in of providing more equipment and claim that other measures should be considered correspondingly to encourage people for a healthier lifestyle.

Those people who are in favour of increasing sport equipment, may argue that by providing more sport facilities; firstly, individuals are more determined intended to participate in classes to work out. However, the quality of sporting equipment, affordable prices and highly skilled trainers should be considered. Secondly, they find sport clubs more practical to spend most of their time. For example, in USA , that is to say; a sport-oriented country, people are more interested in being to be involved in sport clubs and consequently having healthier lifestyle to achieve their health`s goals by having more intention to being more and healthy.

However, the opponents believe that other circumstances should be factored in to enhance the communities` health likewise. For instance, arousing the potential of competing in adults and younger generations, educating parents and children by practicing in parks on a regular basis can be considered possible solutions. having said that, if individuals have a competing feeling and strong motivation which can be encouraged committed by educational organizations and families, they can achieve their goals just by doing simple exercises` in public places.

Therefore, I personally tend to agree with the second view. I think creating potential willingness to pursue of a healthier life can be realized committed at in least through sport facilities, which means it- means sport facilities alone cannot guarantee for being healthy.