

TOPIC:

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 pinion.

Nowadays, One of the disadvantages of modern life with the advent of technology ~~nowadays~~ is decreasing public health which results in contrasting views on how to overcome the problem and improve ~~it~~. ~~public health~~. One suggested solution is to provide more sports facilities to encourage people to have a more active lifestyle.

Advocates of this believe that as a consequence of today's sedentary lifestyle, stressful working conditions and regular consumption of high-caloryies foods, physical activity ~~is~~ no longer comes across as a part of our working time. Easily accessible local sports centers would be a more effective way to create interest in peoples'~~interest so they to~~ engage in sports activities. To this end, installing exercise equipment in parks and streets and providinge sports clubs with reasonable entrance fees ~~are is~~ incumbent on the municipality.

~~In~~ On other hands, opponents assert that there may be better ways of tackling this problem. Not only the governments, but also people should take required action to pave the way for developing a positive attitude to exercise at any age. Other required measures include ~~contributes to~~ following a balanced diet, cutting down on unhealthy foods such as carbohydrates, reducing alcohol consumption, increasing physical activities and having a regular fitness programme. Expanding public transport facilities, for instance, park-and-ride terminals and raising ~~rising~~ public willingness to use of using ~~a~~ bicycle could be considered another factor to meet this demands. Family walks and sports activity to promote physical fitness in order to reach a healthy life could be organized.

My personal conviction regarding the discussed issue is that focusing on sports is quite an effective way. ~~However, Moreover~~, other actions also need to be taken regarding reinforcing/spreading ~~increasing~~ the belief of having a much healthier lifestyle.