

Some people think governments should take measures regarding the healthy lifestyle of individuals. Others think it must be managed by individuals. Discuss both sides and give your opinion.

The necessity of following a balanced diet with a daily dose of exercise for each member of society has been a common subject during the last decades. Whereas some tend to advocate that everyone should take responsibility for their lifestyle individually, many more are of the opinion that it has to be one of the government's major goals to publicize this approach.

Those supporting individually controlled lifestyles, build their argument on the inevitable role of self-will(?). This belief asserts that the more self-motivated a person is, the higher chance for a permanent, healthy routine life they will have regardless of their age or hectic work schedule. In other words, Nowadays, countless free sources about sustainable life can be easily reached just by one click on the Internet. Therefore, not only could everyone arrange the most suitable list of healthy habits based on their interests, but also they have the opportunity to stay up-to-date about related subjects. For instance, recipes for vegetarian cuisines or new techniques released by cardio trainers.

From a broader point of view, that governments could directly benefit from developing healthy habits among their citizens is not questionable in that lots of a country's annual budget can be saved by reducing the expenditures on the patients' treatments procedures, medications for ever-growing diseases like diabetes among children and the public health insurance. Moreover, following a healthy lifestyle could usefully contribute to more satisfaction

among members of ~~the~~ society, especially those who are in their middle ages. Consequently, they would be more productive which is one the essential factors of /in economic growth.

In brief, although everyone has to decide about their method of living, governments could positively affect their decision-making process by implementing numerous actions. For example, providing convenient local sports amenities as well as encouraging young generations to be more physically active. Decreasing the price of healthy organic foods, namely vegetables, might be another effective motivator in fostering ~~to make~~ healthy lifestyle ~~a~~ part of each nations' culture.