

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 opinion.

Health and living ~~on-in~~ a healthy ways is a common subject these days. Daily, many columns of magazines, journals, and newspapers ~~have-are~~ occupied by ~~varieties-a variety~~ of ideas about different ways to improve ~~the-~~ public health. The most common advices ~~are-is~~ related to sport and sport facilities. Concentrating on sport and increasing the sport facilities as a main point related to health cannot be wisely.

Living in ~~the-an~~ industrially world, people have many issues which limit them ~~in to~~ improving their health status. The first one is limited time. Not only do they not have time to do exercise, but also they do not have time to eat real food and sleep properly which are big ~~threats dangers~~ for their health situation.

Stress is another risk which threat~~en~~s the health. According to ~~the-~~ many studies (which have ~~been) conducted taken-place~~, a positive ~~cor~~relation has been seen between stress and many diseases. However, stress itself is a ~~consequence n-object~~ of different ~~causes.subjects~~. Therefore, those ~~factors.subjects~~ should be firstly ~~dealt with/addressedsolved~~.

Changing ~~the~~ wrong habits and **correcting** people's incorrect behaviors ~~is-are a~~ valuable ~~actions job~~ to help them hav~~e~~ing a wonderful and healthy life. Smoking, drinking, eating junk food, and not doing suitable exercises are different examples of mistaken habits. That associations related to health matters try to inform people about the menac~~e~~ing of these inappropriate practices through the media, pamphlets, and training classes help~~s~~ to improve the public health .

All ~~and-in~~ all, despite ~~the~~ importance ~~of effect of~~ sport ~~and provision of facilities for on~~ public health ~~and providing its facilities as much as possible~~, there are many other problems which put health status in more danger and have to be solved primarily in order to have an appropriate and healthy life.