

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.

Recently, by virtue of the sitting lifestyle, the rate of ~~increasing~~ the health issues has been rising. An action to tackle this problem is providing people with many easy-~~access~~ sports places to encourage them to do sport, whilst many believe that it cannot be enough for tackling this issue.

On the one hand, many people argue that were there abundant reachable sports facilities, the health level would be higher than this among the populace. It ~~can-could~~ persuade individuals to do exercise when they see a sport place on the way arriving home every day. Therefore, their lifestyle automatically changes to an active ~~lifestyle-~~one in lieu of a sedentary one ~~which-where~~ they spend and waste their time sitting in front of a screen. When they ~~be-are~~ ascertained that they are effortlessly able to reach a physical-recreation place to work out, they can easily plan to do so.

On the other hand, there is another view among people about construction of many sports centers ~~that-as to~~ whether it is a rationally feasible measure or not. They believe that, because it is not an adequate action to urge the public to do exercise, if the places ~~are left leave-~~abandoned, not only can it not tackle the health issue in society, but also it can be an uneconomical investment by governments and subsequently ~~will beca~~ome a financial burden on the citizens' shoulders. Moreover, a sport place can ~~be~~ just used by people who are fond of doing sports and often do it, so they are at a proper health level. Thus, this procedure cannot address the communities' health problems.

Additionally, seeming to be necessary, taking some other actions is inevitable to deal with the community's low state of health. For example, by imposing high tax on high-fat foods products and alcohol, having a healthier society is more likely attainable. It can discourage people from eating deleterious ~~nutritions-nutrients~~ and also encourage them to follow a well-balanced diet which includes many nutritional foods.

Consequently, ~~the-only~~an increase ~~solely~~ in the number of sports centers is a seemingly inadequate act to pave the way ~~of-for~~ having a country with an acceptable level of health.