

The best way to improve public health is by increasing the number of sports facilities

These days, there is a widely held perception in many parts of the world that public health is in decline. Yet, there remain some disagreements as to whether increasing the number of sports clubs is the most effective method for promoting public health or not. While there are valid arguments to the contrary, it is my belief that this solution could constitute a good first step in our modern life style.

From my perspective, one of the main obstacles to being healthy is lack of daily activities. Due to lots of automatic machines and modern robots, Today's people mostly live in a more sedentary environment than ~~those of~~ their previous generation. Perhaps the most effective way to encourage people to have more mobility would be for the government and also private organizations to enhance the sports facilities particularly in the vicinity of individual's life place or workplace. By doing this, not only do they reduce the risk of experiencing many fatal diseases(e.g., heart diseases diabetes) and boost their immune system, but also doing regular exercises functions as a good stress reducer, hence a degradation in illnesses and stress levels.

The alternatives to this method would be less effective. Take for example some prohibitionists approaches like banning rules or tax penalties for consuming fast food to excess or cigarette smoking conducive to deleterious consequences in the long term. Admittedly, fast food and drug abuse are incredibly responsible for such ailments ~~like as~~ high blood pressure and obesity, however I believe that people have the right to determine what goes into their bodies either beneficial or harmful and these solutions would be against violation of their civil liberties.

By way of conclusion, I believe through public education campaigns, we should aware people about the benefits of the health clubs employing experts as well as counterproductive effects of fast food and smoking. On the other hand, in those communities that are otherwise aware and healthy, the ignoring behaviours are daunting and the tendency toward harmful consumption will spread wildly.