

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.

Public health has become one of the major concerns of all governments in the last decades. In order to improve that, when the question arises as to whether funding ~~on~~ more sport amenities would be the best way or not. I personally believe the more sport facilities are available, the ~~more~~ healthier citizens we have in ~~the~~ society.

Virtually, we all have a hectic lifestyle ~~nowadays~~~~now a days~~, in which we spend one third of our day at work and go back home straight~~ly~~ and collapse in front of the television. This sedentary lifestyle has brought us serious health problems, like obesity. There is no doubt that if there be a sport club nearby, with a flexible time table, most of us probably prefer to spend our time more active~~ly~~ and productively~~ly~~ ~~other~~~~rather~~ than killing our time by surfing the Internet or watch~~ing~~ pointless TV programs. Diversity of sports available, in addition, which cover all interests and ages could act as persuasion for busy citizens to enroll in their favorite sport field. For my sister, for instance, that has a phobia of swimming, a convenient complex sport center would provide her with other options.

It should not be ignored that there are other~~s~~ factors other than distance and variety, high enrollment fees for example, discourage low-income families and students, ~~to~~~~from~~ join~~ing~~ sport clubs. Absolutely, investment ~~on~~~~in~~ public land to build jogging path~~s~~, cycling center~~s~~ and other sport amenities could be a great help for those who are not able to afford to pay for a gym. Of course, people who need~~s~~ more to do exercise, always make an excuse to avoid it, but more sport facilities available would be a reward for those who consider ~~about~~ their fitness.

To conclude, in my opinion, availability of sport facilities locally could encourage modern-busy citizens to be more physically active when they ~~be~~~~do not want to get~~~~aware of that they won't~~ stuck in traffic jam~~s~~.