

SOME PEOPLE SAY THAT THE BEST WAY TO IMPROVE PUBLIC HEALTH IS BY INCREASING THE NUMBER OF SPORT FACILITIES. OTHERS, HOWEVER, SAY THAT THIS WOULD HAVE LITTLE EFFECT ON PUBLIC HEALTH AND OTHER MEASURES ARE REQUIRED. DISCUSS BOTH VIEWS AND GIVE YOUR OWN OPINION.

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Having a fine public health plays a crucial role in prolonging lives of people of the country and its quality. When it comes to improving it, opinions vary. Some believe that more public sports centers and equipment are the key to this subject, but others are of the view that more initiatives should be arranged to reach a healthier nation and I subscribe to the latter view.

Invaluable benefits of providing people with better sport facilities cannot be denied. While due to hard economic realities, paying for gymnasiums' fee is no longer an option for many, ubiquitous sports fields can act as a proper substitute. On the other hand, having ~~a~~ close proximity to a park or sports center can easily draw ~~them~~ potential athletes into doing more outdoor activities. Adopting a sedentary lifestyle nowadays, people are profoundly in need of any kind of exercise to prevent diseases such as obesity and consequently cardiovascular disease or Diabetes.

Although being surrounded by easy- to- reach and low-cost public sport facilities can improve our health, I assume that a wider range of interventions must be delivered by governments or private sectors. Being informed and educated, people will be empowered about health issues. How can we expect a healthy community if the members of it are not aware of their body or mind situation or maintaining their wellbeing? Governments can cheaply /at a low cost encourage a rich diet and broadcast the consequences of adopting an unhealthy one. The means to do so can be just a preventive advertisement such as billboards which discourage consumption of sugar- sweetened beverages or illustrations which show the impacts of long screen time or the benefits of drinking an adequate amount of water.

In addition to that, delivering funds on some public health inspecting plans, governments can ensure better public health. Constant check-ups can detect diseases at their early stages therefore so that they can be responded to appropriately to avoid their development and ~~make people suffer lessease people's pain~~.

In conclusion, ~~While~~ While establishing sport areas increases the possibility of people's engagement in physical activities and subsequently their health would be improved, adopting other strategies such as raising public awareness or funding routine check-ups alongside each other could lead to greater levels of health.