

**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**

In these years, people are too busy with their business and routine tasks and they rarely dedicate their time to healthy workout. There ~~are is~~ some solutions ~~in~~ addition to sports for improving public health such as eating healthy food, doing relaxation, having enough sleep. Sport is an important way to ~~being~~ healthy but it is not ~~adequate per se the necessary and sufficient condition~~.

First of all, by enhancing sport facilities we can motivate people to exercise. They can join in gyms and exercise with the professional sport ~~facilities. facilitations~~. This way could be effective on public health somehow but may be temporary and be useful for ~~a~~ short ~~time~~. As a result, some other ways are proposed ~~alongside in companion with~~ sport.

Another way which can be suggested is eating healthy food at an appropriate time. Eating junk food is forbidden since it puts healthy ~~y~~ in danger. Vegetables such as carrots, onion, eggplants are recommended to eat. Setting suitable time for having meals ~~s~~ is very important for instance having dinner after 8 is highly ~~harmful. prohibited~~.

Another way is to have some times ~~s~~ for relaxation since these days people live with stress and they are under high pressure, and stress causes some irrecoverable disease which leads people to ~~the~~ death, so people should find a way to relax. For example ~~going~~ on ~~a~~ trip, doing yoga, sleeping enough are some recommended ways ~~s~~ to decrease stress.

In sum, a lot of ~~care carefulness~~ should be ~~taken done~~ to have ~~a~~ healthy society. Improving sport facilities is not enough per se and some other solutions ~~s~~ should be added to guarantee ~~the public~~ health ~~public~~.