

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.

These days, governments have been grappling to figure out effective ways to improve hygiene and public health in order to prevent enormous expenses of cures and create a healthy society.

Some maintain that we should care about sports by taking some measures like providing people with more sports amenities including constructing new sport centers, creating some public places where people can exercise in. as a result of being more exposed susceptible to these facilities, people are encouraged to do more exercise compared with the past and no one can deny that it contributes to more public health.

Others assert that although the increase in sport facilities can have an impact on improving public health, it does not suffice and we should likewise promote the culture of sport among people. For instance, constant coverage of sports events in the media can cause people, especially the youth, to show a more tendency towards sports and follow their sports' sport role models.

Furthermore, authority figures should raise people's level of information about hygiene, health benefit or even eating habits which recent research has shown that it plays a pivotal role in our health and fitness. To this end, there should be produced a variety of television broadcasts in order to attract the peoples' attention to this point that prevention prevent is cheaper and more effective than cure cures.

To sum up, in my opinion, governments' measures should not be restricted to building some sports centers and we should use the whole capacity of the media to fulfill our expectations of an active and healthy society.