

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.

It is an obvious truth that a serious problem of modern society is declining levels of health in the general population. A group of people believe that the best way to tackle this issue is that sport clubs should become easily accessible for everyone. However, others some other group of people think that some other facilities should be provided in order to improve people's state of health. Personally, I fundamentally agree with both views which will be discussed in this essay.

Nowadays, everyone is busy earning money and working tremendous numbers of hours. Most of the jobs are physically demanding, additionally, they create mental strain, therefore, there should be a variety of sport activities offered to get everyone interested. Public funding has to go to building sport facilities and health clubs to increase availability and access for everyone. The government should install exercise equipment in parks so that consequently, every individual staff can realize their full potential and ordinary people become gradually healthier and happier.

On the other hand, although exercise can prevent ~~from~~ severe illnesses, authorities should become aware of other determining factors which have a direct effect on ~~the~~ health too like either for instance; hospitals, healthy restaurants and organic agricultural products output and etc... and consider enough sufficient government fund for these places items as well. Magazine's articles, television programs and really anything that can inspire people to be and stay healthy should be utilized.

To sum up, if the government provides all these facilities in each district and motivates people to exercise and pay attention to their diet and health, the percentage of disease would-will decrease, otherwise persons would plunge deeper and deeper into mental and physical illnesses.