

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 these views and give your own opinion.

Nowadays, the machines do most of the tasks in ~~the~~ industry and ~~the~~ agriculture. As a result, in comparison with their previous generation, people's life style is becoming more and more sedentary. Furthermore, people are using lots of unhealthy foods ~~and this~~ which could be a threat for their health. Moreover, the level of stress is increasing due to living in the urban areas. Regarding this facts, governments s must establish a policy in order to keep society in a proper health manner. Some believe this might be achieved by constructing more sport facilities while the others believe there are other solutions.

~~The~~ scientific evidence has shown that doing daily exercises would prevent lots of diseases such as heart and brain failure, depression, blood pressure or diabetes. As a result, not only might governments provide inexpensive or even free sport facilities, but also might encourage people to use them by advertisements in media.

On the other hand, ~~lots of many~~ diseases have their roots in improper diet, so having ~~some~~ planes a plan in this section might improve public health. For example, imposing more tax for fast food restaurants and making people aware of side effects of these kinds s of foods. Moreover, people must be encouraged to use more vegetables and reduce the intake ~~amount~~ of sugar and fat.

Another way to help public health might be establishing some free consulting centers for those wishing to quit smoking or using drugs because these are also seriously destructive for society's health. Furthermore, the free ~~sociologic~~ counselling ~~consulting~~ centers would help individuals reduce their stress.

In conclusion, I believe increasing the number of gyms would be an effective action but /however it is not enough for creating a healthy nation because public health is the outcome of multiple factors such as individuals' awareness of health facts as well as using them.

