

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.

The question of **even** if increasing **the** number of sports facilities is sufficient for achieving more public health or not, has emerged as one of the most discussed issues of **the** modern era. One group believe that increasing the number of sport's facilities could substantially augment the level of health among the people, while others feel that other requirements must accompany **them** to gain the desirable health level. In this essay I will explore both points of view and state my opinion of each.

Many people feel strongly that doing exercise can help any person to acquire his/her healthy body, in other words they think that doing sport, not only could help people to gain their good shape, but also could prevent any probable upcoming disease, specially cancer. I am of the opinion that this belief is faulty, because although sport **is** playing an important role in human life these days, it is incapable of curing some patients of some genetics or chronic illnesses.

On the other hand, others believe just as strongly that many factors are involved in public health besides the sport, such as **the** environment and nutrition, which I **am** totally agree with. For example the polluted environment could affect human life through a respiratory problems or diseases which **co**ame from infected water. In addition, eating too much junk food could have many consequences on health.

In conclusion, as a result of my life experience, I strongly believe that many physical problems cannot **be** controlled by just doing **an** exercise, hence, daily diet and **the** environment must be considered as well.