

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 the views and give your opinion.

In this era, public health is one of the major concerns especially in modern societies. For dealing with this anxiety some people believe that by increasing sport equipment improving public health can easily occur. On the contrary, other persist that this method is not an effective way and other measures should consider to deal with it. In this essay, I will discuss both points of view and clear my side.

Some individuals opine that increasing the number of sport facilities have a direct connection to public health. By making new football grounds or tennis courts in each area of city all city dwellers have same opportunity to work out with them in proper way. For instance, in my neighborhood our local municipality built new body buildings equipment in park and in the evening most of my next doors have some exercise with them.

On the other hand, former solution to tackle public health is not acceptable for huge portions of societies. Each community consist of infants and old people besides adults that could not work with sport facilities and just building new sport facilities could not support public health. In this day and age all developing and developed countries have common concerns about air or water pollution, huge traffic or other kinds of disturbing issues that directly effect on health of society. It is much better to focusing on basic health programs in schools or other public areas to awareness of worse effect of wrong life's habit.

To sum up, from my estimation for increasing public health sanitary training especially for children will have tremendous effect on reaching to acceptable results. All portion of society must consider it as an important matter because of rapid change in lifestyle.