

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 other measures are required. Discuss both those vies and give your own opinion.

During recent decays, public health has been a controversial matter and had innumerable issues in its way to tackle. Its importance is to the extent that jeopardizes National Security of all countries. The fact of this issue is directly related to people's daily lifestyle. Without a doubt, sports play a key role in humans' life and affect people health and help them have a sense of happiness and gladness, but these are not the only way to having a healthy society. In the following, some beneficial measures to reaching that will be discussed.

However, ordinary people believe that the sport has a huge impact on public health, scientists say that this is not a complementary approach to being healthy. They cite that an oil-free food regime, being on time for all meals during a day, having a stress-relief lifestyle, a proper water sanitation system, equipped hygiene centers and hospitals bring about a communication without health issues. In some countries in the Middle East due to occurring a variety of wars happened, there is no hope to survive for being alive and meanwhile saying about sports is just a luxury and not logical. It is important to consider through modernized society, there may not be access to a pure or organic food which has not any additives. This is a vast responsible for the media, not only should they have informed people about how to have a properly healthy habit for living, but also they should force governments to pay attention carefully to the public health and allocating some financial for it.

On the other hand, there are some who argue that just through doing some daily exercises, people can be healthier than before. They claim that governments should prepare some free facilities in the public places such as parks or some recreational centers, but according to scientific researchers, this is not a one-way method to solve this issue.

In conclusion, I would say that there is not just one method to coping with health problems of a society and obviously, it is complicated enough that cannot discuss through a short essay. From my point of view, only doing some exercise or taking some sports classes are not enough to limit all people disease. For coping with these, we need to observe the issues from different other respects.