

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 opinion.

It is undeniable that citizens' well-being has numerous advantages not only for themselves but also for the whole society and even country. Building more sport facilities in public places would be one way to reach public health, while many a person says that other incentives are required. ~~In~~ this essay ~~I~~ will elaborate both sides.

First of all, providing sport infrastructures in every corner of cities such as parks would be an encouraging strategy to motivate people to do physical activities. Although nowadays in many countries gyms and sport centers are available everywhere, free sports facilities building-built by governments play a key role in reaching public health because of many people who are not able to pay excessive amounts s of money for going to the gyms s.

On the other hand, many a person believes that other ways such as creating awareness about the health is one of the main concerns of governments. In other words, authorities should try their best to open citizens' mind about their health as much as they can besides building sport facilities. To exemplify, governments can use advertisements to teach people the way that they should choose their daily food to avoid obesity and other physical harms.

At last, the main conclusion to be drawn from this discussion is that providing more sport infrastructure, though helpful, is not enough to reach public health. Thus governments must put other measures into consideration, one of which is advertisements to improve people's knowledge.