

*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.*

360 words / 60 minutes

Health authorities and governors are extremely concerned about the declining level of health among the general population. Adopting the most effective measure to promote a more active lifestyle has become a moot point. This essay would shed some light on this statement in the following paragraphs.

The urban residents are afflicted by a sedentary lifestyle which has been believed to be one of the significant drawbacks of modern societies. Health authorities assert that providing more accessible sports facilities would improve the eagerness of people to make exercise a regular part of their life, instead of collapsing in front of a screen every evening. Moreover, it has been proved that sports facility deprivation in a residential area is in a direct correlation with the rate of obesity in that specific area. Thus, as an immediate step to tackle this problem, governors might invest more in sports infrastructures to provide easily accessible options.

However, there may be more reasonable ways to address this problem. Incentivizing student and employees to adopt a more active lifestyle would lead to a remarkable outcome. In fact, This measure will change people's habits in the long run, by rewarding them with prizes that could be provided by health insurance companies as they benefit from this modification. For instance, citizens who use bikes through a bike-sharing program "Bdood" to commute would be rewarded with free subway tickets for each circuit they made.

As well as physical activities, high tax penalties could be charged against high-fat food products, cigarettes, and alcohol, as excessive consumption of any of these contributes to health problems. For example, although tobacco factories play a crucial role in afflicting people and causing numerous disease, they pay as much a tax as the cosmetic factories do. Therefore, legislatures-legislators should impose more strict tax laws on any product in-which puts people's health in a threat.

From my viewpoint, a growing body of evidence has shown that a wide range of approaches would be necessary to be taken to cope with this issue, and no action by an organization would lead to a significant result until everyone becomes aware of the importance and the consequences of adopting a healthy lifestyle.