

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.

Nowadays, even though the technology has been enhanced dramatically, some negative impacts such as lower physical activities cannot be denied at all which affects human health considerably.

First of all, we have to keep in mind that we live in an age when physical activity is much lower compared to the past. One of the suggested solutions is to provide more sport facilities to bring back happiness and activity to the people. The government plays an important role in achieving this goal and should teach the people from an early age at kindergartens and schools. Not only must the government train the people from lower ages, but also it should teach them through social media such as the TV and the Radio in older ages. Therefore, cultivation is a heavy duty to be implemented by the government. However, the people should aid the government in this regard.

Furthermore, the variety of equipment is another main factor which leads to parents and children using them together and enjoy more time. For instance, installing exercise devices in the local parks helps the mentioned issue.

Besides, everyone must manage and balance the time between work and life. Moreover, the government can encourage people by decreasing work hours which in turn brings about more free times in their life. However, the people should also have the motivation to exercise.

In conclusion, I believe that concentrating on sport facilities is not just the only a wise approach, ~~so~~ and other factors such as culture and motivation should be considered too.