

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 views and give your own opinion.

Regular exercise have been proved as one of the important part of a healthy life style. However, does increasing the number of gyms or sport clubs certainly result in better health status for the public?

Accessibility and availability are the two most important factors in pursuing people to buy or consume different goods and services. Sport facilities, like any other goods will be consumed more if they are more available and accessible. ~~Since~~therefore, increasing the number of gyms or yoga studios will facilitate regular exercising for people and result in a healthier population. In addition, when sport clubs are available all round a city, young people and teenagers in particular can use them easier and avoid ~~from~~ other exciting activities which are not suitable for them, like smoking or driving fast.

While exercising is very important ~~on-to~~ people's health, there are several ~~of~~ other impressive factors which should be addressed to improve public health. For example, using healthy diet, regular checkups or screenings should also be facilitated for people in different areas. People in remote locations ~~which-who~~ have little access to caregivers may postpone their necessary screening tests which could end up in a late diagnosis of Diabetes or Cancers and the consequences of this latency.

Therefore, I think personally that although it is very important to have enough spaces and advances for exercising, this is not the only essential tool for improving the public health.