

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.

In this day and age, using sports facilities has received wide currency among the people all over the world. How much their influences can be positive on public health is a moot point which plenty of governments are dealing with.

First and foremost, I strongly believe that health is an invaluable gift of life, so everybody is responsible for caring about their health. In my opinion, developing quality facilities by which anybody is completely able to work out easily has an effective role to play in this regard, particularly for the poor who may not afford/pay too much to private gyms. In addition, in terms of both mental and physical health, exercising by such equipment in public places such as parks leads to breathing fresh air besides seeing spectacular scenery which in turn results in gaining more positive energy. However, my firm conviction is that only if the government cultivates people especially through the mass media so as to use sports facilities more in life, will they be quite useful in public health improvement.

On the other hand, some groups of people argue that other approaches should be taken to mitigating mitigate the low status of public health. For instance, charging high taxes on fast foods is a main factor by which the government can prevent individuals from consuming high demands. Last but not least, considering specific time at workplaces in order to do short-term gentle exercises can have positive impacts on labor's health significantly on the grounds that they often regrettably sit in front of a screen a multitude of hours in succession and their physical posture will be negatively affected. Therefore, the mentioned measures can be taken too in this regard.

Consequently, further to the above explanation, I opine that not only can an increase in number of sports facilities alleviate a lack of public health, but also they-it brings about more happiness irrespective of income disparity in society. economic status