

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, one of the problems of modern societies is declining level of health in the general population, in this view ~~this essay will indicate we want to know~~ how to tackle this worrying trend. One possible solution is to provide more sport facilities to encourage people, ~~to~~ use more equipment for ~~an~~ active lifestyle.

There is no doubt that sports amenities can improve public health, people must use ~~these is~~ tools to help themselves ~~feel ell~~ better. When they are in ~~a~~ good shape, it boosts ~~s~~ self- confidence. By regular exercise you will have more energy, power, be relaxed, ~~and~~ experience ~~a more~~ happier life, get sick less often, sleep better and have ~~a~~ better mood.

We should have some solution for ~~an~~ active lifestyle, such as, having ~~a~~ gym in each office, to encourage them ~~for doing to do~~ regular exercise every day.

On the other hand, many people believe that, this would have little effect on people's health, it could have varied effects ~~on/in~~ different types of people. We have different categories ~~y~~ of people, some people hate sport and doing exercise, they only collapse ~~ing~~ in front of TV every evening.

Nutrition, good diet and use of vitamin can ~~affect effect~~ their health. In fact, ~~the~~ level of health is not related to sport facilities, because people can do exercise ~~without hit out~~ use of tools, for example, they can run, jog, dance and use healthy foods with good ingredients.

In my opinion, people who do exercise are more successful in life in comparison with ~~those~~ who do not ~~exercise~~, sport makes ~~s~~ them more healthy. A lot of things could attack ~~ch~~ health, such as, mental disease, ~~anxiety nerves~~, pollution, therefore, in my idea health is not related to sport facilities.