

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.

Nowadays with rapid technological technology advancement and the mechanical life the impact of sport activities cannot be denied at all anyway. On the other hand, in other hand not only can such this activities can enhance the public health in physical terms of physical but also can guarantee and promote the public health in case of mental health, although there are certainly other measures having effect on the public health.

initially it's it is obvious that involving all spectra of the populace in sport activities sports bustle can boost people's energy, leading to having have a dynamic community which relies is rely on such sort of this activities, So the more a society does do exercising, the healthier it will be more that society would be healthy

on in the other hand, the effect of other actions/measures/steps implement on public health such as professional/highly skilled high quality doctors, essential training and advanced hospital facilities cannot be ignored, So if a community tends to become a role model in case of health they have to invest both in on sport facility and healthcare facilities. one might argue that with by investing in phenomenon sport we cannot are not fully guarantee for having a healthy community and it's not the accurate criterion criteria for measuring the health rate of a society.

Besides all measures mentioned above there is a prerequisite prefix for having a healthier society and it is acquisition for the people to learn to use using such sort of this facilities, otherwise what's the advantage of having a great facility without even someone using them? so there must be some sort of classes for children's to teach them how healthy body relies is rely on the exercising, so what I am trying to say is that we have to raise social awareness illuminate the social to engage in do this sort of activities.

To sum it up personally I think although having a great sport complexes for better health service is required but it's not sufficient and the government should also invest in other areas cases such as modern hospitals, professional doctors, needed education acquaintance and then we can expect a healthier healthy society.