

Nowadays it has been a huge increase in the importance some people give to their health and appearance, and for that, governments have tried to encourage some methods with the aim of making people aware of the exercise's benefits. The following essay discusses about the positive and negative aspects of some practices.

First of all, it is obvious that the best way to internalize some healthy good habits is teaching them to children since their first steps, which means that having a good education is essential i.e. Young people could learn about basic skills such as sports or wholesome foods at school.

However, another modern technique used by governments have been the sport media campaigns. This hardly guarantees the same good results, not only because they are not always well focussed to the objective of doing exercise but also because it is more difficult to persuade sedentary people to start doing something.

In a nutshell, educating people in exercise and sport since young ages to older ones would be the most effective way governments have for achieving their goals, nevertheless taking into account the power of personal and familiar values.