

Nowadays, under the situation that people are getting busier and busier in work and study, which causes plenty of health problems. There are more and more different ideas are suggested as solutions and they can be generally separated into two ways. This essay will discuss the advantage and disadvantage of both.

The first group of people believe that increasing the amount of building and equipment for sport will be the greatest help for public health. The benefits of this is obvious. Firstly, opening more sport facilities will allow more people to do sport, because most people will not have those expensive sport equipment in their house, especially when the case came to sports such as football, basketball or racing, which requires an incredibly large area. Moreover, more sport facilities also lead to a lower cost of doing sports, due to the competition between each sport companies. The decrease of cost will be an encouragement to people who are waving between do sport and not do sport. Both two methods increased the number of people doing sport, which will let more people having a good health.

However, there are still some people holding opinion against the idea of “more sport facilities means better public health”. They think more sport buildings and equipment do have effect, but only a little. The reason why is that if people themselves did not see the benefit of sport, do not want to exercise, it is useless to build more facilities. Therefore, the primary target should be teaching people how important exercise is.

In summary, sport facilities are definitely the more the better, while we should also let people to have the will of doing sport, so the public health problem could be solved.