Opinion Essay Question

The growing number of overweight people is putting a strain on the health care system in an effort to deal with the health issues involved. Some people think that the best way to deal with this problem is to introduce more physical education lessons in the school curriculum. To what extent do you agree or disagree?

Agree Disagree Model Essay

Some people believe that increasing sport and exercise opportunities in schools is the key to resolving the concerns that an increasing number of overweight people provide for the health care system. I wholeheartedly concur that this is the most effective approach to address the problem of declining public health in connection to weight.

Firstly, a long-term strategy that includes increasing physical education and sport in schools is the greatest way to address the concerns of obesity and weight problems. This approach will guarantee that the subsequent generation will be healthier and free from such health issues. Currently, the typical youngster in the West plays sports perhaps twice a week, which is insufficient to offset their largely sedentary lifestyle. However, students will surely get fitter and more active if there are more sports programs in the curriculum and extracurricular sports are encouraged.

Another thing to think about is the likelihood that offering more physical education classes in schools could lead to kids being more interested in physical activity, which could spread to other family members and have a longer-lasting influence. In other words, parents who have active kids are more inclined to participate in sports themselves to support them. It will ensure that kids grow up incorporating sport into their daily life by including both parents and kids. Undoubtedly, this will have a long-term, sustainable impact on public health.

In conclusion, integrating sport in schools is the simplest and most successful way to change the lifestyle of the next generation and combat the rising number of obese and unfit people.