

Exercise is essential for maintaining physical health and can have many benefits for mental well-being as well. Regular physical activity can help reduce the risk of developing chronic conditions such as obesity, type 2 diabetes and heart disease. It can improve sleep, increase energy levels, and reduce stress and anxiety. Despite the many benefits of exercise, many people struggle to make it a regular part of their routine.

One reason for this could be that they don't know how to get started or don't have access to resources like a gym or personal trainer. However, there are many easy ways to incorporate exercise into daily life, such as walking or cycling, participating in team sports or trying home workout videos. (121 words)

TITLE :- ① Exercise : key to health.

② Exercise makes a man perfect / Healthy .

The habit of exercise can save one from serious mental and physical illness. Setting it as routine is often difficult because of lack of access to the resources. However, opting different physical activities can incorporate it in daily life.

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