

Paragraph Writing

Topic: The benefits of exercise include physical health, increased energy levels and better mood and mental health.

Exercise plays a major role in the body's physical form. Without exercise, we cannot maintain our body in good health. Physical activity keeps our bodies healthy, helping to reduce the risks of illness, weight loss, and fitness. Healthy physical health is critical mental health.

A well known proverb from Gene Tunney is: "To enjoy the glow of good health, you must ^{exercise.} ~~exercise.~~" Exercise increases energy levels that help us work longer throughout the day. When we have more energy, then we can carry out the tasks properly. Daily exercise keeps our spirits cool and our mental health healthier. A fit body has the healthy mind.

A healthy mind performs well.
Exercise boosts our mind. we
need energy to tackle sluggish
feeling, tired and sleepy. According
to Neil Daulvin, the benefits
of exercise for your energy
levels are twofold. Exercise
boosts your contribute to your
overall health and well-being.
So, exercise is beneficial to keep
our body fit for whole day
activities.

Paragraph writing

Reading is a fun and beneficial activity that can improve vocabulary, language skills, and creativity.

When we read a ~~new~~ book, we learn a lot of new vocabulary words. Reading helps memorize vocabulary in terms of context. Some researchers estimate students learn one new word for every thousand words read. Using this retention ratio, a student who reads only 1.5 million words would learn only 1,500 new vocabulary word from reading. However, a student who reads 13.7 million words would learn 13,700 new vocabulary terms, more than nine times the amount of vocabulary growth. The habit of reading calls for improving language skills. When we read more matter, we attain flow into language. Reading is an important part of language learning. For example,

according to report, reading is
a second important element after
listening to learn a language.
when we read different books
that generate new ideas
and develop ^{new} concepts, which
helps in creative writing.
Just a quote by Stephen King:

“If you do not have the
time to read, you do
not have the time
to write.”