

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.

The structure of paragraph is not correct, there is repetition of ideas and sentences.

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 ratio 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
the 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.”

Write complete sentences