Paragraphing beta filter after Topic. The benefits of excercise include sentence physical health, increased energy levels, and better mood and mental health. -Excercise plays a major. Role in the body's physical form. Without excercise, we cannot maintain our body in good health. Physical activity keeps our bodies healthy helping to reduce the kish illness, weight loss, and maintain fitness. Healthy physical health is critical Domental health A well known proverb from Gene Tunney is: "To beinjoy the glow exercise." Eperase 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 theatthier. A fit body has the healthy mind.

A healthy mind performs well Exercise boosts our mind we need energy to tackle sluggish peeling, tived and sleepy. According to Neil Daulin The benefits of exercise for o your energy Clevels are two-pold. Exercise boosts your contribute to your overall health and well- being So, exercise is benefical to keep our body bit for whole day activities. The structure of paragraph is not correct, there is repetition of ideas and sentences.

Paragraph Writin Reading is a fun and benefical activity that can improve Acabulary, language shills, and creativity. when we read a new books. we learn a lot of new vocabulary words. Reading helps memorize rocabulary in terms of context. Some researchers estimate Studente learn one new word for every thousand words head. Using this rection Ratio, a student who reads only 1.5 million words would learn only 1,500 new rocabulary word from reading. However a student who reads 13.7 million words would Jearn 13,700 new rocabulary terms more than nine times the amount of vocabulary growth. The habit Henguage skills. Jor improving read more matter, we attain flow into language. Reading is a important part o language learning. For example,

according to report, reading is the second important element after to learn a language listening when we read different books, that generate new ideas and develop concepts, which help in creative writing quote by stephen bing. If you do not have the time to kead you do not have the time to write. ?? Write complete sentences