

Essay 9 Why People Should Exercise

In the past, I have never been inclined to participate in sports. Honestly, I didn't like it, but many persons whom I lived with kept telling me everyday how good it was. Since the peer pressure was growing, I decided to go to the gym. It wasn't until then that I could really understand people when they said exercise really helped a person get organized and keep yourself in a healthy physically and mentally. THESE STATEMENT

For starters, when you are a lazy person, it is difficult to take the first step, but it is all a matter of committing yourself to something that will provide you a lot of positive feedback. Once you start doing exercise and observing positive results, you actually enjoy it. It takes a lot of effort and strong will, but it's worth it. The principal thing to do is to participate in an activity you like. If you do you'll start organizing your day in a way that enables you to do everything you have to, including exercising. You will no longer be a person stressed-out without time to carry on with all your activities.

Second, it is obvious that once you exercise you will have a better condition. You will be healthier in a physical way. It is probable that you will lose weight and your muscles will get stronger and stronger. Your body will feel good, full of energy and it will respond immediately to any action you want to do, any activity that has to be done with high spirits.

The third reason why exercising is good is that it affects you positively in a mental and psychological way. Doing exercise helps you set specific goals which along with strong will can be achieved. When you do that, you are aware of your abilities, accept your weaknesses, and your self-esteem goes up. Any sport distracts you because it helps you not to think about school, friends, problems, among other things. It brings you time to think about yourself and no one else. It helps you keep your mind busy and to avoid dangerous habits like drugs.

Doing exercise is very important to any person of any age. The positive effects of exercising, which I've already mentioned, are like a chain. Once you do a sports activity that you like, you get organized; therefore, you start doing things the right way

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J Dewey



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Selected Essays and Letters National Assessment of Educational Progress (Project),1972 *Essays on the Most Important Subjects in Religion* Thomas Scott,1800 *Essays in the most important subjects in religion* Thomas Scott,1814
Essays on the Most Important Subjects in Religion ,1823 Essays on the Most Important Subjects in Religion. Ninth Edition to which is Prefixed a Memoir of the Author Thomas Scott,1822 *Complete First for Schools Student's Book with Answers with CD-ROM* Guy Brook-Hart,Helen Tiliouine,2014-03-06 Complete First for Schools is official preparation for the revised 2015 Cambridge English First FCE for Schools exam This Student s Book combines the very best in contemporary classroom practice with engaging topics aimed at younger students The information practice and advice contained in the course ensure that they are fully prepared for all parts of the test with strategies and skills to maximise their score Informed by Cambridge s unique searchable database of real exam candidates answers the Cambridge English Corpus Complete First for Schools includes examples and exercises which tackle common problem areas at this level The CD ROM contains grammar and vocabulary exercises for motivating flexible study Class Audio CDs available separately contain the recordings for listening exercises **Student Practice Test Booklet in Reading and Writing** Leslie Knight,2015-10-13 This test booklet has some unique qualities It allows the students to get an idea of the kinds of passages and the level of vocabulary used in questioning But the uniqueness does not end there The booklet also provides teachers and parents with the instruments that will improve the ability of the children to complete the state tests Know that teachers and parents can begin by allowing their fourth grade children to work on passages intended for third graders and move forward and vice versa Other grades can do the same Everyone has the opportunity to look at the passages and questions presented to the other grades Note carefully the approaches to the questions because there is a specific vocabulary used in the questions There is a wealth of writing exercises that require the students to think deeply Building stamina is very important Length of passages and level of difficulty are considered Each grade is presented with one mini test and three full length tests The parents and the teachers can actually simulate the real test and give themselves time to identify the childrens weaknesses and strengths Therefore they can work on these weaknesses and reinforce concepts at the same time At the end of every test there are additional questions designed to challenge the children and encourage the teachers and the parents to create their own questions from the passages There is a teachers edition that identifies the answers to all questions and the types of questions For example there may be questions that require the students to know main idea authors purpose compare and contrast and so on These are indicated in the teachers edition There are writing exercises for the students to do Useful hints relating to the kinds of responses are also presented in the teachers edition A suggested rubric is also included This book is inclusive of all including Special Needs Students who must write the same tests as other students and whose grades and progress impact the general performance of the school **Complete First for Schools Student's Book without Answers with CD-ROM**

Guy Brook-Hart, Helen Tiliouine, 2014-03-06 Complete First for Schools is official preparation for the revised 2015 Cambridge English First FCE for Schools exam This Student's Book combines the very best in contemporary classroom practice with engaging topics aimed at younger students The information practice and advice contained in the course ensure that they are fully prepared for all parts of the test with strategies and skills to maximise their score Informed by Cambridge's unique searchable database of real exam candidates answers the Cambridge English Corpus Complete First for Schools includes examples and exercises which tackle common problem areas at this level The CD ROM contains grammar and vocabulary exercises for motivating flexible study Class Audio CDs available separately contain the recordings for listening exercises

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Short Essays Gerald Levin, 1989 *Physical Activity and Health: A Report of the Surgeon General*, Let's Write! 12 LiveABC, 2022-03-02 GEPT 12 1 2 3 3 1 Class Book 333 2 Learning Guide 3 Workbook Class Book 1 2 3 4 5 6 7 8 9 10 11 12 Test Workbook 1 The Importance of Education 2 Reasons Why People Read Less Nowadays 3 4 5 6 Food Stands 7 Tea Shops 8 Tea Shops 9 Keeping Pets 10 Keeping Pets 11 Watching TV 12 Watching TV 13 Doing Exercise 14 Doing Exercise 15 Summer Reading 16 Swimming 17 Pursuing A Hobby 18 Pursuing A Hobby 19 Learning Instruments 20 Learning Instruments 21 A Cheer up Letter for James 22 A Know how Letter for Jason 23 Naughty Students 24 A Vase Romance 25 Priority Seats 26 April Fools Day 27 Losing Weight Learning Guide 1 1 12 1 1

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can actually simulate the real test and give themselves time to identify the childrens weaknesses and strengths Therefore they can work on these weaknesses and reinforce concepts at the same time At the end of every test there are additional questions designed to challenge the children and encourage the teachers and the parents to create their own questions from the passages There is a teachers edition that identifies the answers to all questions and the types of questions For example there may be questions that require the students to know main idea authors purpose compare and contrast and so on These are indicated in the teachers edition There are writing exercises for the students to do Useful hints relating to the kinds of responses are also presented in the teachers edition A suggested rubric is also included This book is inclusive of all including Special Needs Students who must write the same tests as other students and whose grades and progress impact the general performance of the school **Cambridge Academic English B2 Upper Intermediate Student's Book** Martin

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