Writing

ELEMENTARY GROUP

Class:__________________ Name:__________________

WRITING SECTION

Write a paragraph of 120-160 words about the positive effects of regular physical exercise on health. In your paragraph, make sure you write a topic sentence, major and minor supporting sentences, and a conclusion, and you use appropriate connectors.

You MAY use the following points to write your paragraph, or you can use your own ideas:

- a healthy weight
- a reduced risk of illness
- a better psychological health
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Suggested paragraph

Regular physical exercise has three positive effects on health. There are three (main) positive effects of (doing) regular (physical) exercise on health. The first positive effect is (having) a healthy weight. When a person does regular exercise, s/he has a faster metabolism. This results in burning more calories, and as a result, there is less fat in his body. The second positive effect is a reduced risk of illness. As a result of doing regular exercise, a person’s body receives enough oxygen, which improves the blood circulation. This leads to a stronger immune system, and due to this, the chances of developing an illness are lower. There are lower chances of developing an illness. The third positive effect is a better psychological health. Regular exercise causes the release of hormones which make people happy. After the release of such hormones, people also feel self-confident. As a result, they have a healthy mental state. To sum up, when one does regular (physical) exercise, he has a healthy weight, a healthy body, and a healthy psychology.