**Do you agree or disagree? It is better to relax through watching a film and reading a book than doing physical exercises?**

Throughout history, humans have been trying to relax. However, nowadays, different aspects of individual's life which contribute to their relaxation have changed according to the complexities of modern world. Some people beilieve that it is better to relax through watching a movie and reading a book than doing physical exercises whereas some others may take an opposite view point and they believe the physical exercises are better for relaxing. I am of the opinion that the physical exercises are better way for ones to relax. In the following paragraphs, I will expand on my viewpoint through two noticeable reasons.

First of all, the exercising make people animated and boost their self-confidence and self-steam. When people do the physical exercises, their muscles expand and absorb fresh air that make the muscles lively. In other words, the more physical exercise, the more animated. As a result, the exercising boost the self-confidence and self-steam of people and people have lively feeling and better relaxation. According to recent studies, 80% of people which they do the physical exercises have better relaxation than other people.

Another noteworthy point but not last reason to be mentioned is that people who do the physical exercises have better sleeping timing. As far as I am concerned, people who have organized time for sleep have better relaxation. Not only does this enhance one's relaxation, but it also enrich their healthy lifestyle. So that the better timing for sleeping enhance the people's relaxation, this timing organized by regularly exercising. Based on recent statistics, 90% of people who exercise regularly have better relaxation and lifestyles.

In conclusion, it is better to relax through doing physical exercises than watching a film and reading a book based on two reasons have been discussed above. Obviously, there are many reasons which are not mentioned here. The fact that daily exercising give better relaxation and lifestyle to human.

**Number of words: 313**

**Time: 45 min**