Farnoosh pishgahi Hannah class

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

These days, people consider and pay attention to body and try more exercise than past because the most of them believe that exercise help them to be healthy. It is better to relax through watching a film and reading a book than physical exercise. I personally, I do not feel that watching a film and reading a book better than physical exercise. I feel this way for two reasons, which I will explore in the following essay.

First and foremost, physical exercise leads to decrease preoccupied and people can spend time without concern. If people will regularly do physical activity after a short period they feel effect of exercise on relaxing. Actually, when we exercise to try to concentrate on movement and this help us to don’t think about trivial matter and also it is helpful and useful when we are sad to reduce negative energy, and replace that with positive energy. For example, when I took an university entrance test, I was depressed because I more attempted but I didn’t well in an exam and always thought to exam result and consequence I decided to go fitness gym. I had to focus on body movement and after a week my concerns about university was decreased therefore, I believe that exercise have a good effect on people for relaxing.

Secondly, because physical exercise help body to be healthy and this **bring about/effect** to have calm. In fact when we do physical activity we intensify and amplify our muscles and the muscles become strong. If I were obese I wouldn’t was healthy and this cause to my mind be calm. Exercise is useful to increase level of bloods’ oxygen and who exercise can to counter with illness easily than who don’t exercise. For instance, my uncle had a serious illness and when he visited his doctor, he said to my uncle to maintain morale with exercising that can improved illness and it diminish duration of treatment.

In conclusion, I strongly disagree with the idea that it is better to relax though watching film and reading book than physical exercise. This is because exercise can help people to reduce though about concerns and arise positive energy, and because exercise leads to people to be healthy and disease cant influenced on their. In the more article is recommended that is influence of exercise more than reading a book.

400 words