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In recent years, many people have become increasingly aware of the need for physical fitness. Almost everywhere people turn, whether it is to a newsstand, television or billboard, advise for guarding and improving health bombards them. Although much of this advice is commercially motivated by those eager to sell vitamins, natural foods and reducing gimmicks, some of it, especially those advocating a regular exercise program, merits serious attention. Such a program, if it consists of at least 30 minutes three times a week and if a person’s physician approves it, provides numerous benefits. Regular exercise releases tension, improves appearance, and increases stamina.

The first of these benefits, the release of tension, is immediate. Tension builds in the body because of an over accumulation of adrenaline produced by stress, anxiety, or fear. Doctors agree that performing calisthenics or participating in an active sport such as tennis or volleyball for 30 minutes releases tension. If a person swims, jogs, or rides a bicycle for half that time, he or she should sleep better at night and have a better temperament the next day. In addition, after the release of tension, petty irritations and frustrations should be less troubling. For example, an employee upset by the day’s work and by traffic congestion may rush home, argue with the family, and eat excessively. Taking about 30 minutes to release frustration through physical exercise could help the person to avoid this behavior. Planned physical exercise, therefore, can eliminate, or at least control, tension.

An improved appearance is the second benefit of regular exercise. Exercise takes perhaps a month or longer to show its results in a trimmer, firmer figure. Improvement, however, will come. A person who is 10 pounds overweight, for instance, may be able during this time to burn away most excess fat and to tighten muscles, thereby reshaping the physique. Having improved muscle tone and even posture, he or she will wear clothes more attractively and comfortably. Combined with a sensible diet, an exercise program will also improve a person’s skin tone. This improved appearance will provide confidence and favorably impress others.

In addition to the self-confidence generated by an improved appearance, increased physical strength produces stamina. A stronger, healthier body is obviously more capable of working harder and, in fact, of withstanding normal fatigue than a tense, weak one. A worker who exercises should be able to complete a 40-hour week and still have enough energy for mowing the grass, painting the garage, or cleaning window. Similarly, the student who goes to school, keeps house and perhaps works part time should accomplish tasks efficiently. Equally important, this stamina helps to ward off illnesses such as colds and influenza. Altogether, improved endurance is one of the most important benefits of a regular exercise program.

Although easy solutions to the goals of losing weight and achieving an attractive, energetic body saturate the media, actually acquiring these benefits is not easy. The rewards, however, are fully worth the effort on an established exercise program that makes a person feel relaxed, look healthy, and have adequate strength for strenuous as well as routine activities.

GPT-improved sample

In recent times, there has been an increase in awareness regarding the significance of physical fitness. Everywhere one turns, be it a newsstand, television, or billboard, advice on guarding and improving health seems to bombard them. While much of this advice is commercially motivated, some of it, particularly those promoting a regular exercise program, deserves serious attention. Such a program, consisting of at least 30 minutes, three times a week, and with the approval of a physician, provides numerous benefits, including the release of tension, improved appearance, and increased stamina.

The first and most immediate benefit of regular exercise is the release of tension. Tension builds up in the body due to an overaccumulation of adrenaline produced by stress, anxiety, or fear. Medical experts agree that engaging in calisthenics or participating in an active sport such as tennis or volleyball for 30 minutes can alleviate tension. Swimming, jogging, or cycling for half an hour could also improve one's sleep and mood, making it easier to cope with petty irritations and frustrations. Therefore, planned physical exercise can eliminate, or at least control, tension.

The second benefit of regular exercise is an improved appearance. While it may take a month or more for exercise to show its results in a trimmer, firmer figure, improvement will eventually come. A person who is ten pounds overweight, for example, may burn away most excess fat during this time and tighten their muscles, reshaping their physique. With improved muscle tone and posture, they will wear clothes more attractively and comfortably. Combined with a sensible diet, an exercise program can also improve one's skin tone. This improved appearance provides confidence and impresses others favorably.

In addition to the self-confidence generated by an improved appearance, increased physical strength produces stamina. A stronger, healthier body is more capable of working harder and withstanding normal fatigue than a tense, weak one. An individual who exercises should be able to complete a 40-hour workweek and still have enough energy to perform household chores or engage in recreational activities. Similarly, a student who attends school, keeps house, and perhaps works part-time can complete tasks efficiently. This stamina also helps to ward off illnesses such as colds and influenza. In summary, improved endurance is one of the most important benefits of a regular exercise program.

Despite the plethora of easy solutions to the goals of losing weight and achieving an attractive, energetic body that saturate the media, actually acquiring these benefits is not easy. The rewards, however, are fully worth the effort, especially when one establishes an exercise program that makes them feel relaxed, look healthy, and have adequate strength for strenuous as well as routine activities. Therefore, it is crucial to prioritize physical fitness and incorporate a regular exercise program into one's daily routine to achieve the numerous benefits it provides.