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First, reading some books or watching movies is more flexible for relaxation.

Second, reading books or watching movies can give people some topic to chat with others. When people find others have some common topics with them, they will feel very happy and get some sense of identity. By contrast, doing physical exercise cannot give people lots of opportunities to chat and sometimes it can even lead to conflict. For example, my favourite book is Harry Potter. I read it several times and I remember all plots of the books. My friend Jim and I always discuss about the fighting and the relationship in the books and this make we feel very relax.