

Time spent in an English-speaking country: None

Age: 22

Semester: 4

Faculty: Education College

Topic: The best exercise

Original Text:

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the walking is the best exercie for me. It is something which do in our free time. It is important to make healthy body and you feel your mind active. we can walking without spend a lot of money on the exercise and any where can you do it. It is different between another exercise like football, siwmming or tenies etc. they are need to money, place and people.

the walking is simple yet highly effective exercise that offers a multitude of benefits.