Time spent in an English-speaking country: X

Age: 22

Semester: 4

Faculty: Education College

Topic: Exercise

Original Text:

Title: Exercise

Exercise is a powerhouse for our physical health. It keeps bodies strong and fit, help in prevent different health problems. In addition, regular exercise can reduce the risk of heart disease diabetes, and cancer. Therefore doing exercise regularly has many Mental, physical and emotional benefits. When you make exercise as a routine in everyday you will feel ralaxing and dicrease strees and tonic. It makes you strong and flexible, improve you concentration In the other hand, it control of body weight and strengthens bones and muscles, finally exercise is good for healthy body.