Describe something that can help you concentrate on work/study.

You should say:

What it is

How often you doit

When you started doing it

And explain why it helped you concentrate

I think playing sports can help me concentrate on work. I usually play sports twice a week. In the Saturday evening, I play 6 versus 6 pick-up soccer at a field near my home, which usually lasts 2 and half an hour. On weekdays, I do jogging maybe 1 hour after the supper. I start the combination of sports when I was in my university. Playing soccer is more intense whereas jogging is more flexible in schedule. For a long time, sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. Study have shown that exercise increases blood flow to the brain and helps build more connections between nerves, leading to increased concentration, enhanced memory, and better-developed problem solving skills. I think this why doing sports help me concentrate. In addition to that, exercising is a great way to get out of the stressful daily life. In fact, playing sports helps me relax and reduce my anxiety. I personally think that I would go crazy without do sports twice a week. Thus, it helps me concentrate without the disturbance of pressure and anxiety. Although playing sports will leave you exhausted for a short time. However, exercise pumps more oxygen to your blood and makes your entire system more active. So it gives me more energy to help you concentrate on work and study.

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