1. I set goals for myself every day that will help me make progress in life, I set out small things like smiling with people, or actively helping everyone, I don’t like to just stay home, I like outdoor activities, I want to explore new things outside and help society be better. All these things are the reason make me believe that I am an active person.
2. I often running every morning and spend 30 minutes to do push ups.
3. I like listening to music when doing exercises because it improves my mood very much and help me have a better result.
4. Doing exercise improve my health a lots, previously when I ran for about 5 minutes I felt very tired, but now I can run in about 20 minutes and it helps me have more health to do more things.

2.1

Doing exercises improves self-confidence, eliminating anxiety obsessions, increasing social interaction and building a healthy lifestyle. So I can learn from her ideas that is exercise not only gives you a good shape but also makes your brain healthier. She does a lot of research to give evidence of the benefits of exercise and the audience was very interested in the evidence she presented.