

April 7, 2014

## Exercise

In my opinion, people should exercise more. People should exercise because if somebody has arthritis, exercise can reduce the pain, their bodies will work better, and they'll be less likley to become obeise.

My first reason for thinking people should exercise more is that if somebody has arthritis, exercise can reduce arthritis pains. For example, one program uses exercise to help people with arthritis escape arthritis pains for periods of time. Also, people with arthritis who move around more, tend to be able to move more easily. Exercise makes arthritis easier on people who have it.

My second reason for thinking people should exercise more is that when you exercise, your whole body works better. For example, everybody has a level of physical activity that must be maintained. When this level of physical activity isn't maintained, parts of your body may not work well. (Broken bones are an example of this.) Exercise also makes your body work better on the inside too. It helps your body organs and systems work to their highest capacity. This means that you can move faster, and you'll have more energy.

My third reason for thinking people should exercise more, is that they'll be less likley to become obeise. When you exercise, you can shed off un-needed fat. This will keep you from becoming obeise. Also, exercise makes people less likley to become obeise because if one person

exercises, other people may start exercising too! Then people will be less likely to be obese.

All in all, exercising is a great way to improve your health. Exercise can reduce arthritis pains, improve body functions, and reduce the likelihood of obesity. So, now that you understand why you should exercise, will you exercise?

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<b>STRUCTURE</b>	
Overall	3
Lead	2
Transitions	2
Ending	3
Organization	3
<b>DEVELOPMENT</b>	
Elaboration	2.5 (5)
Craft	2.5 (5)
<b>LANGUAGE CONVENTIONS</b>	
Spelling	2
Punctuation	3

Scorer #1

(Grade 5  
on demand

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