

# Example Essay 1

## Benefits of Exercise

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It can be difficult to find time to exercise. This is because there are many demands on our time. We have work, school, family, and leisure activities that we want to do. Sometimes because of these demands, we do not have very much time to work out. However, making time for exercise brings unique benefits to our lives that are difficult to get in other ways. Exercise is essential because it improves our overall physical and mental health.

Because it makes your body healthier, exercise is extremely important. One of the physical benefits of exercise is having stronger muscles. The only way to make your muscles stronger is to use them, and exercises like crunches, squats, push-ups, and weightlifting are good examples of exercises that strengthen your muscles. Another health benefit of exercise is that it lowers your heart rate. A slow heart rate shows that our hearts are working more efficiently and they don't have to pump as quickly to get blood to our organs. Related to our heart beating more efficiently, our blood pressure decreases. These are just some of the incredible health benefits of exercise.

Another compelling reason that exercise is crucial is that it improves your mental health. First, exercise is the healthiest way to deal with stress. When we have too much stress, our mental and emotional health is affected negatively. Exercise can reduce this impact. Exercise can also influence the balance of chemicals we have inside our bodies. Exercise releases endorphins into our bodies and that can help us feel better or not be depressed. These emotional benefits are very helpful. Exercise also helps us think more clearly because it brings more oxygen to the brain. If you watch how you feel when you exercise, you will notice that your mood and mental clarity improve.

Due to the mental and physical health benefits of exercise, it is absolutely crucial for our bodies. There is not a good substitute for exercise, so spending our time exercising is very valuable. While people have many demands on their time, the other activities we do cannot replace exercise in our lives. People should make exercise a priority in their daily schedules. If they do, their body and mind will thank them.

## Exercises

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## Exercise 1: Analyze an essay.

*Read one of the two Process Example Essays on the following pages to complete this exercise.*

1. Label the introduction paragraph, the body paragraphs, and the conclusion paragraph.
2. Circle the hook.
3. What is the general topic of the essay?
4. Underline the thesis.
5. Underline each of the topic sentences.
6. Do each of the topic sentences support the thesis?
7. Does the conclusion paragraph start by restating the thesis?



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