Benefits of Regular Exercise

Regular exercise offers many important health benefits.

(1) _____, it helps improve your cardiovascular health by strengthening your heart and increasing blood circulation. (2)_____, it boosts your mood and mental well-being by releasing endorphins, the "feel-good" hormones. (3)_____, regular physical activity can help you maintain a healthy weight and prevent obesity. (4)_____, it improves your muscle strength and flexibility, which can lead to better overall physical performance.

(5) _____, incorporating exercise into your daily routine is essential for both physical and mental health.

In conclusion **Firstly** **Finally** **In addition** **Secondly**

LIVEWORKSHEETS