Opinion essay

Topic: The best way to improve health is to exercise daily. To what extent do you agree?

Sample 1: 6.0, 7.0, 8.0?

Band: ……

The modern lifestyle requires regular participation in a variety of physical activities. Exercising regularly is the most efficient method for both preserving and improving one's health. In my opinion, it is essential to overall fitness and well-being. However, eating a nutritious diet is also important.

These days, leading an active lifestyle is rare. A majority of people work desk jobs or spend excessive time watching TV. The greater the amount of desk work, the less physical activity is performed. In the past, people were much more active by performing different household or outdoor chores. Exercising regularly is one of the finest strategies to enhance our health. For instance, boosting the body's metabolism may be achieved by jogging or walking for approximately thirty minutes every day. All organs must work properly, which directly influences our body's well-being. Moreover, physical activity is necessary for health, provided the right meals are eaten wisely.

On the other hand, the consumption of fast food and prepared meals has increased. Individuals in today's generation work long hours and often consume convenience foods. These foods are laden with fat and sugar, which contribute to obesity. Several illnesses, like heart attacks and diabetes attacks, are primarily caused by obesity. To be healthy, you must eat the right types of meals in the right amounts. In my opinion, it is critical to have some variation of vegetables and fresh fruits in our everyday diet. They are said to be rich in nutrients and minerals that are necessary for both the mind and body to be healthy.

In conclusion, it is believed by some individuals that the best way to improve fitness is to exercise every day. But I think that a healthy diet is just as important as physical activity.

(291 Words)

LIVEWORKSHEETS

Opinion essay

Sample 2: 6.0, 7.0, 8.0?

Band: ……

Since ancient times, people have kept their health and bodies fit by doing exercises and physical work. Hence, it is believed that the most effective way to boost health is to exercise daily. I do not agree with this statement completely, as a balanced diet is equally important for good health.

A regular workout is needed because it helps to keep their weight in check and also aids in better blood circulation in the body and their metabolism. Furthermore, exercising every day lowers their risk of chronic diseases such as diabetes. It also enables individuals to build up their strength and core body muscles. Even children should do physical activities daily; they can be in the form of sports like football, basketball, and so on. This will help keep them busy as well as maintain their weight. This is suggested because recent studies show that 40 out of 100 kids are obese. This creates an alarming situation.

While exercise is important, consuming a nutritious and balanced diet is equally important as well. Every day, the body requires a certain number of calories to function properly. Exercising means shedding the fat and calories consumed. However, if we do not follow a proper diet, the result is not visible. For example, having an unhealthy diet will not give the expected outcome. A balanced diet includes consuming foods that are rich in nutrients and vitamins while steering clear of processed foods.

To sum up, it's important to work out every day if you want to be healthy and have a fit body, but it's also important to eat healthy, nutritious food every day if you want to stay healthy.

(276 Words)

LIVEWORKSHEETS

Opinion essay

Sample 3: 6.0, 7.0, 8.0?

Band: ……

People's health has become a major topic across the globe. Every person is aware of exercise and its importance. Some people believe that everyday exercise is important and an excellent way to improve and maintain your health. I partially agree with the statement because, to be healthy, one only needs to exercise.

People now have access to everything thanks to technological advancement. Whether it is ordering food from a restaurant or shopping online, everything can be done by clicking a button. This has made people lethargic and less active. This reduction in activities has led to individuals being unhealthy. A person needs to burn a certain amount of calories every day to remain fit. Exercise is done to get rid of the excessive calories gained. This is important because these calories contain fats that accumulate and gradually form layers of fat, resulting in obesity.

However, exercising is not the only way to burn calories. Going to a gym and working out is the only way to maintain your fitness. The same can be achieved by walking for a certain number of hours or even playing sports that require physical movement. Sports like volleyball, cricket, and many others should be played. And along with that, the right diet is also important. Without a proper diet, doing exercise blindly is the same as doing nothing. It is said that being fit is 70 percent of what we eat and 30 percent of the exercise we do.

To sum up, exercising, being active, and eating healthily are the keys to being healthy and fit. Doing only one thing, such as exercise, is not beneficial because it does not show any outcome.

(278 Words)

LIVEWORKSHEETS