

## Writing Task Sample

### Unit 10 Sweat it out (p.83)

#### Exercising and physical fitness

*Do you exercise regularly? What do you do for exercise? Write a blog entry about your exercise routine and the benefits of having an exercise routine in about 150 words.*

I am a S1 student. **Although** my studies occupy most of my time, I always make time for exercise.

At school, we have three P.E. lessons every week. Before P.E. lessons, we are usually asked to jog to relax our muscles. **Then**, I start to play tennis, which helps to improve my flexibility. **Apart from** P.E. lessons, I also exercise during my leisure time. After dinner, I walk my dog for about an hour. It is a time for relaxation and aids in digestion.

**What is more**, my family and I do some sports together. I go swimming with my mother every Saturday morning. Swimming is good exercise because it is a workout that engages all the muscles in the body. It helps us maintain balance while swimming, and it is an excellent way to stay in shape. **Furthermore**, my family goes hiking or climbing once a month. These two activities offer numerous health benefits, such as reducing the risk of heart disease, increasing bone density, and improving mental health.

**In conclusion**, doing exercise regularly keeps us healthy and enables us to relax. I love exercising!

~175 words