

- The essay below contains 3 supporting paragraphs. Write a matching introduction and conclusion.

The first benefit of regular exercise, the release of tension, is immediate. Tension builds in the body because of an over accumulation of adrenaline produced by stress, anxiety, or fear. Doctors agree that performing calisthenics or participating in an active sport such as tennis or volleyball for thirty minutes releases tension. If a person swims, jogs or rides a bicycle for half that time, he or she should sleep better at night and have a better temperament the next day. In addition, after the release of tension, petty irritations and frustrations should be less troubling. For example, an employee upset by the day's work and by traffic congestion may rush home, argue with the family, and eat excessively. Taking about thirty minutes to release frustrations through physical exercise could help him or her to avoid this behavior. Planned physical exercise, therefore, can eliminate, or at least control, tension.

An improved appearance, which is a second benefit of regular exercise, is not as immediately apparent as a better disposition. Exercise takes perhaps a month or longer to show its results in a trimmer, firmer figure. Improvement, however, will come. A person who is ten pounds overweight, for instance, may be able during this time to burn away most excess fat and to tighten muscles, thereby reshaping the physique. Having improved muscle tone and even posture, he or she will wear clothes more attractively and comfortably. Combined with a sensible diet, an exercise program will also improve a person's skin tone. This improved appearance will provide confidence and favorably impress others.

In addition to the self-confidence engendered by an improved appearance, regular exercise produces stamina. A stronger, healthier body is obviously more capable of working harder and, in fact, of withstanding normal fatigue than a tense, weak one. A worker who exercises should be able to complete a forty-hour week and still retain enough energy for mowing the grass, painting the garage, or cleaning windows. Similarly, the student who goes to school keeps house and perhaps works part-time should accomplish tasks efficiently. Equally important, this stamina helps to ward off illnesses such as colds and influenza. Altogether, improved endurance is one of the most important benefits of a regular exercise program.