

# What are the benefits of regular exercise?

|   |                                                                                                          |
|---|----------------------------------------------------------------------------------------------------------|
| T | <i>Title - What you will be explaining</i>                                                               |
| I | <i>Introduction - Tell your audience what the topic is about and what is to be explained.</i>            |
| I | <i>Information - Explain the elements or steps in a logical sequence</i>                                 |
| C | <i>Conclusion - Final summarising statement, an evaluation or comment about what you have explained.</i> |

|                                          |  |
|------------------------------------------|--|
| <u>Title</u>                             |  |
| <u>Introduction</u>                      |  |
| <u>Information</u><br><u>1st element</u> |  |
| <u>Information</u><br><u>2nd element</u> |  |
| <u>Information</u><br><u>3rd element</u> |  |
| <u>Conclusion</u>                        |  |