

# Paragraph on Physical Exercise

**Question:** Write a paragraph on 'Physical Exercise' by answering the following questions:

What do you mean by physical exercise?

Why is physical exercise important?

How is excess physical exercise harmful?

What is the effect of physical exercise?

**Answer:** Physical exercise is one kind of exercise by which we move the limbs of our body according to some rules. It is very important because we keep our body and mind fit and active by it. We need sound health for a sound mind and physical exercise keeps a role to keep our health sound. Physical exercise is useful in many ways and it enacts our body and strengthens our brain. But over-physical exercise is very harmful and it becomes the cause of illness. So by taking regular exercise, we can be happy and healthy.

Or,

## Physical Exercise

Physical exercise is the movement of our limbs. Our body is like a machine. It rusts for the lack of proper movement. So, our body needs regular movement. It helps to lead a happy, cheerful, and long life. There are different kinds of physical exercises. Walking, swimming, running, and racing are some good forms of exercise. Plays like football, cricket, badminton, tennis, hockey, and volleyball are also good exercises for our health. But all exercises are not fit for all ages. Walking is good for the old. Running is good for the young. Swimming is also helpful for the young. All should take moderate exercise. Over-exercise is harmful to our health. Morning is the best

time for exercise. Some exercises are taken in the evening too. The importance of physical exercise is great. For a successful life, sound health is essential. Physical exercise is the pre-condition of sound health. Physical exercise builds our body. It builds our personality. It keeps me physically fit. It provides us with energy. It keeps us anxiety-free. It helps our normal blood circulation. It removes our monotony. It helps a student to a great extent. It helps him to concentrate his mind on his studies. It keeps us immune from all diseases.

Or,

## Physical Exercise

**Question:** Write a paragraph about 'Physical Exercise' by answering the questions below :

Why is physical exercise essential?

What does physical exercise mean?

What are the kinds of physical exercise?

What is the bad effect of over-exercise?

Why should we form the habit of taking exercise regularly?

**Answer:** Physical exercise means the movement of various limbs of the human body according to rules. It is very essential to keep our body and mind sound. It helps us to be healthy. There are many kinds of physical exercise. Walking, racing, swimming, rowing, riding, gymnastics, etc are good forms of physical exercise. Modern games like football, cricket, hockey, tennis, etc are also good forms of physical exercise. Besides, our native games such as Ha-du-du, Dariabandha, Gollachhut, etc are also good forms of physical exercise for us. But all forms of physical exercise are not suitable for everyone. Walking is suitable for people of all ages. Young people can take vigorous exercise while old people should take light

exercise. However, we also should remember that over-exercise can be harmful. So, for our sound health physical exercise is a must.