① Read the text. Then use linking words and paragraphs to rewrite it in a better style.

Exercise is essential for a healthy lifestyle. It helps maintain a healthy weight. Regular physical activity strengthens the heart. Exercise boosts mental health. It reduces symptoms of anxiety and depression. People who exercise often feel happier. They tend to have more energy. Exercise can improve sleep quality. It helps people fall asleep faster. Exercise can reduce the risk of chronic diseases. It lowers the chances of developing diabetes. Exercise also strengthens bones and muscles. This is particularly important as people age. Joining a sports team can provide social benefits. Bringing exercise into daily routines is vital. It has numerous physical and mental health benefits.

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