

READING MARATHON

Read the following paragraph and complete the diagram.

Regular exercise is one of the best ways to improve both physical and mental health. In fact, studies have shown that regular physical activity can significantly reduce the risk of serious diseases such as diabetes and heart disease. The reason for this is that exercise helps strengthen the immune system and make our insides healthier. Additionally, regular exercise has positive effects on our mind, reducing signs of depression and anxiety.

Author's Claim

Reasoning

Evidence

