

Why People Should Exercise

In the past, I have never been inclined to participate in sports. Honestly, I didn't like it, but many persons whom I lived with kept telling me every day how good it was. Since the peer pressure was growing, I decided to go to the gym. It wasn't until then that I could really understand people when they said exercise really helped a person get organized and keep yourself in a healthy physically and mentally.

For starters, when you are a lazy person, it is difficult to take the first step, but it is all a matter of committing yourself to something that will provide you a lot of positive feedback. Once you start doing exercise and observing positive results, you actually, enjoy it. It takes a lot of effort and strong will, but it's worth it. The principal thing to do is to participate in an activity you like. If you do you'll start organizing your day in a way that enables you to do everything you have to, including exercising. You will no longer be a person stressed-out without time to carry on with all your activities.

Second, it is obvious that once you exercise you will have a better condition. You will be healthier in a physical way. It is probable that you will lose weight and your muscles will get stronger and stronger. Your body will feel good, full of energy and it will respond immediately to any action you want to do, any activity that has to be done with high spirits.

The third reason why exercising is good is that it affects you positively in a mental and psychological way. Doing exercise helps you set specific goals which along with strong will can be achieved. When you do that, you are aware of your abilities, accept your weaknesses, and your self-esteem goes up. Any sport distracts you because it helps you not to think about school, friends, problems, among other things. It brings you time to think about yourself and no one else. It helps you keep your mind busy and to avoid dangerous habits like drugs.

Doing exercise is very important to any person of any age. The positive effects of exercising, which I've already mentioned, are like a chain. Once you do a sport activity that you like, you get organized; therefore, you start doing things the right way and get enormous benefits which make you feel good as a whole human being. You

start living your life happily.

Why You Should Communicate Effectively

Establishing and developing effective communication is important in order to be heard and change your environment according to your own thoughts. No one will guess what you want or what you think if you don't tell them, and nothing is going to change if you do not propose a change. The purpose of this essay is to discuss four important skills that will help you communicate effectively. Such skills are not to be afraid of speaking, always defend what you want to say, express exactly what you mean to say, and listen while you are not speaking.

The first aspect to communicate effectively is not to be afraid of speaking. Anytime you need to say something, go ahead and do it. Most of the times people are afraid of speaking because they are not sure if it is the right thing to say and/or the right moment to say it. Be sure, say what you want to say, and do not regret it. If you speak you will be heard and taken into account. You are important so you need to be heard. There is one thing you should not do somehow: Do not say something that will hurt somebody's feelings. Unless that something has to be said inevitably, say it, but as softly and gently as you can. Never hurt anyone intentionally. Always think twice before saying something. You choose what to say, just be sure to say the right thing at the right time. If you do that, you won't regret a thing.

Second, if you want to communicate effectively, defend what you say. Once you have said something you can never go backward; you must back it up. The worst thing that you can do when speaking is to hesitate. Hesitance means self-insecurity and this means weakness. The strength of your words will surely determine their effect on the listener. The way that you speak and the content of your speech tell a lot about yourself and your personality. A conversation allows speakers and listeners to get to know each other better. Besides, people will only know what you say; they cannot go any further if you do not let them. It is only by means of intelligence, strength, and security that you will be able to change the world around you. And, it is also by means of intelligence, strength, and security that you will be heard and taken into account.

The third main aspect of effective communication is to express exactly what you

mean to say. Pick up the words that will express exactly what you are thinking of. Do not forget that one half of a word belongs to the listener and the other to the speaker. The listener gets his or her own version of what is said. However, your job is to express yourself clearly, so that you can avoid misunderstandings. Although, avoiding misunderstandings is a hard task (not impossible), when it is achieved you will be expressing yourself effectively. Everybody will be able to identify exactly what you say, what you think, and what you want. Words are double edged weapons which can be used either to defend or to attack. If you make a good use of them, you will be able to do almost everything.

The fourth main point to effective communication, and probably the most important of all, is the listening part. Listen and do not interrupt when it is no longer your turn to speak. You will surely learn new things from listening to others. If a person is speaking, it's because she or he wants to be heard. Effective communication is based on both listening and speaking. If communication were based only on speaking, it would be an absolute tyranny. Nevertheless, communication is the means through which you express yourself in order to be heard and change your environment according to your own version of reality. Thus, it would be impossible to change anything if there were no one to listen, learn, and accept new ideas. Listening is a gift, and good listeners are always very appreciated because there are only a few.

Effective communication will help you to express yourself better, allow you to let other people express themselves, and help you to change your environment toward your own thoughts and beliefs. Words inspire no fear. Speak them. Words make you strong. Support them. Words show what you are and what you think. Do not let yourself be misunderstood. Words are valuable. Listen to them!