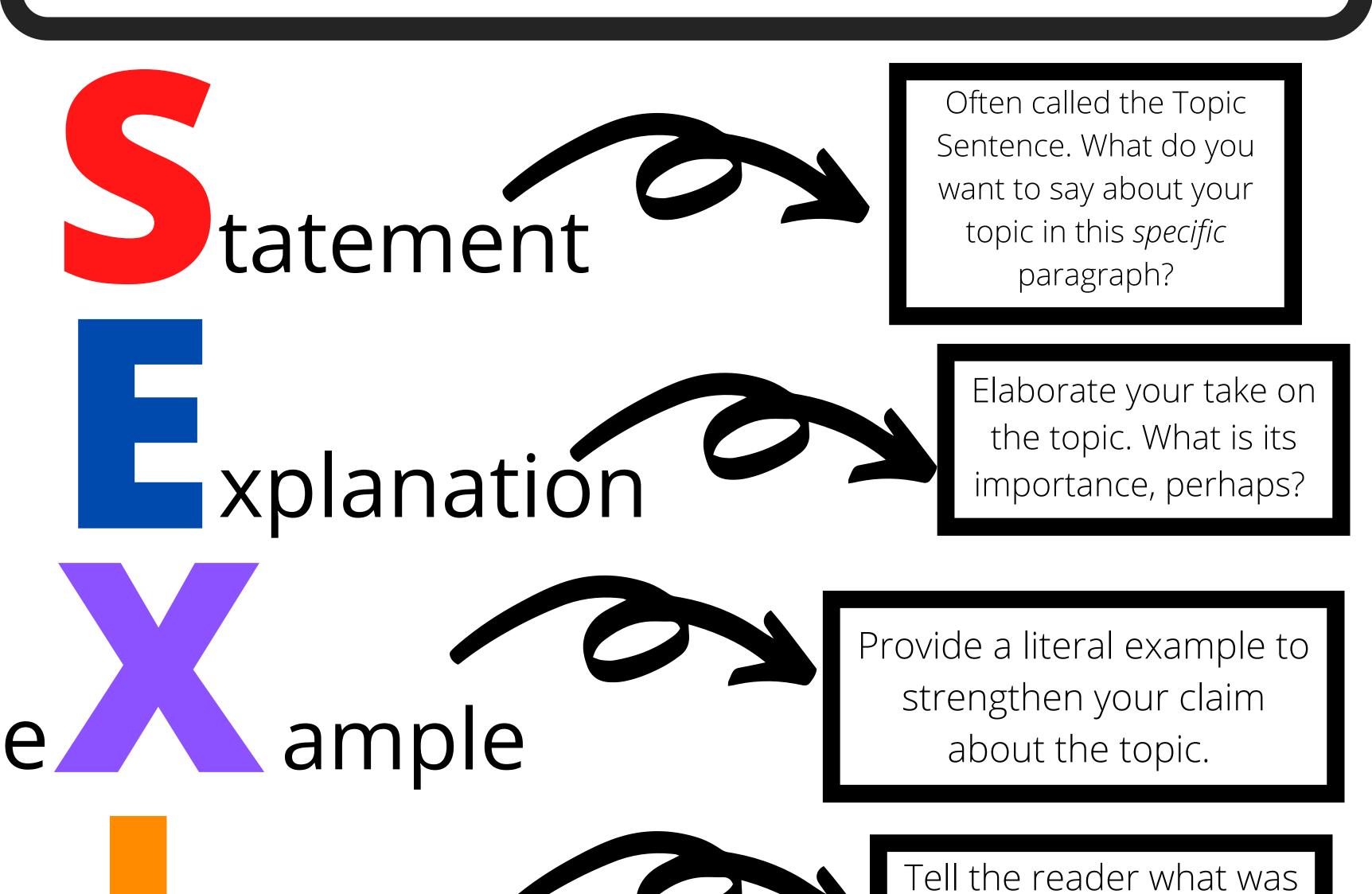
SEXI PARAGRAPH

The "SEXI Paragraph" helps writers see the basic components of a Body paragraph from start to finish. DISCLAIMER: This is simply meant to show a Body paragraph in its simplest form; sometimes, a writer might add two examples or a string of interpretations (both are ok; it's the order that matters).



SEXI Paragraph Example:

nterpretation

supposed to be

understood from

previous example.

One way that humans can care about their personal health is to exercise regularly. When people prioritize their workouts, they are able to fight against preventable health problems. The simple addition of a few dedicated hours to cardio-focused activities like P90 can aid in lowering blood pressure. The incorporation of these habits is one avenue for achieving a healthier lifestyle.