

Do you agree or disagree with the following statement? Physical exercise is more important for older people than young people.

No one can ever deny the significant role of physical exercise on the people's life. To my mind these kinds of ~~facts~~ questions can have variable answers because it depends on people's situations. Personally, I believe that it is ~~more~~ equally important for both young and older people to do exercise but it is vital for older ones and some reasons persuade me to put forward this view which I will explain with a couple of examples.

First and foremost, by getting old the muscles function ~~are~~ is waning, so doing various activities can postpone this process, thereby preventing diverse diseases of which heart problems ~~are~~ is one of the most prevalent. For instance, it is obvious that the risk of heart attack is higher because the heart is like other muscles which loses its function in the aging process.

Another striking point is that, working out preserves individuals against mental disorders such as minor and major depression and Alzheimer since the serotonin hormones will be secreted in the body. Besides, being physically active boosts old populace's mood. According to a conducted research a vast majority of old people who have been engaged in exercise have improved their hippocampus.

Last but not least, it is a given fact that it can be difficult for older ones to find ~~a~~ new friends because they are coping with their hectic lifestyle ~~which~~ so that training is conducive to meeting new people whereby assisting them ~~to~~ in ~~remains~~ remaining socially connected with their peers. For example, people are struggling with their difficulties during their life, so they are extremely busy ~~to~~ getting to know new people but by joining sport groups, this chance is provided for them to get familiar with others.

To cut a long story short, the aforementioned points and examples indicate that although physical activities are necessary ~~remarkable~~ for everyone regardless of their age, I strongly believe that it is more important for elderly people than young ones owing to fact that they prevent them from physically and mentally illnesses. Moreover, physical exercise provides older individuals with rewarding opportunities to join social groups. In general, it ~~decreasing~~ decreases the pace of the aging processes.