

Writing – Argument Paragraphs

All people want to live a healthy lifestyle that is free from stress, illness and injury. By having an extended weekend of 5 days, all people would have a great opportunity to rest, exercise properly and prepare nutritious food. Dr John Frances from the Heart Foundation supports that additional time for exercise will increase heart health, “our studies validate that more leisure time means more people are more active, which increases their hearts heart”. Further, 5 day weekends will also support healthy relationships with friends and family, as all will have more time for interaction, “More time spent being around my kids would be amazing” explains Anna, busy working Mum of 3. Playing footy together on the fresh cut green grass, walking along the coast as the fresh sea breeze caresses your face or simply a meal of tantalising food with your friend, all things which build a healthy relationships which results in a healthier lifestyle.