

### Example Five-Paragraph Essay (about Exercise)

Everywhere people turn -- websites, magazines, and infomercials -- advice for improving health bombards them. Much of this advice is commercially motivated by those eager to sell questionable supplements and diet gimmicks. However, some of it, especially that advocating a regular exercise program, merits serious attention. Such a program, if it consists of at least thirty minutes three times a week and if a person's physician approves it, provides numerous benefits. Regular exercise releases tension, improves muscle tone, and increases stamina.

One of exercise's most immediate benefits is the release of tension. Tension builds in the body because of an over-accumulation of adrenaline produced by stress, anxiety, or fear. Doctors agree that exercising for thirty minutes releases tension. After tension is released, petty irritations and frustrations should be less troubling. Planned physical exercise, therefore, can reduce, or at least control, stress.

Improved muscle tone is a second benefit of regular exercise. Although not as immediately apparent as a better disposition, improvement does come. About a month after starting a regular exercise program, increased strength can be observed not only in one's muscles but also in one's posture. Continued exercise will continue to increase strength. In fact, the increase in muscle tone from regular exercise is a cumulative benefit.

In addition to lowered stress and increased physical strength, exercise produces stamina. A stronger, less stressed body is more capable of withstanding normal fatigue than a tense, weak one. A worker who exercises regularly should be able to complete a forty-hour week and still retain enough energy for non-work activities. Similarly, a student who exercises regularly is in better shape, literally and figuratively, for pushing through during the busiest time of the semester. Improved endurance is one of the most important benefits of a regular exercise program.

Easy solutions to the goals of fitness saturate the media. However, acquiring the benefits of fitness is not easy. Nonetheless, the rewards are fully worth the effort of an established exercise program. Regular physical activity can make a person feel more relaxed, stronger, and have greater stamina for unusual as well as routine activities. Regular exercise helps!

### Sample Five-Paragraph Examples Essay (on failure preceding success)

“Failure is simply the opportunity to begin again, this time more intelligently,” wrote Henry Ford. People are constantly shaped and influenced by their experiences. People learn by doing. Often, people learn considerably more from their mistakes than their success. For proof of failure driving success, consider examples from both science and art, including Thomas Edison, Vincent Van Gogh, and Stephen King.

The famed inventor, Thomas Edison, rose to prominence in the late 19th century because of his successes, but even he felt that these successes were the result of many failures. He did not succeed in his work on one of his most famous inventions, the lightbulb, on his first try nor even on his hundred and first try. In fact, it took him more than 1,000 attempts to make the first incandescent bulb but, along the way, he learned quite a lot. As he said, “I did not fail a thousand times but instead succeeded in finding a thousand ways it would not work.” Thus, Edison demonstrated both in thought and action how instructive mistakes can be.

The road to contemporary success for the 19th century artist Vincent van Gogh was even more dramatically paved with failure. In current day, van Gogh is considered one of the most celebrated painters of all time. However, during his lifetime, he was considered a disappointment. In current day, his paintings can sell for millions of dollars, but he struggled to sell his paintings when he was alive. He even took to burning several of his paintings because they would not sell.

The 20th century writer Stephen King, author of novels that were turned into popular movies (e.g., *Stand by Me* and *The Shawshank Redemption*) also experienced failure. When he wrote his first novel, *Carrie*, he was teaching school in rural Maine. Although he had previously had limited success in selling his short stories, it took him 30 attempts to get *Carrie* published. He almost threw away the manuscript, but his wife pulled it out from the trash and encouraged him to try again. It is hard to imagine Stephen King ever felt that defeated, isn't it?

Thomas Edison, Vincent van Gogh, and Stephen King demonstrate, in both science and art, that failure more often than not precedes success. Whenever we learn a new skill - be it riding a bike, driving a car, or cooking a cake - we learn from our mistakes. Few, if any of us, are ready to go from training wheels to a marathon in a single day but these early experiences (these so-called mistakes) can help us improve our performance over time. You cannot make a cake without breaking a few eggs and, likewise, we learn by doing and doing inevitably means making mistakes. If we treat failure not as a misstep but as a learning experience the possibilities for self-improvement are limitless.