

Diet and Exercise: Both diet and exercise is equally important. I want to say that you can not effectively diet without exercise. Also, I want to say that exercise will benefit the most if you eat well.

Source of Information 1: A study showed that people who maintained a strict diet without caring about exercise gained little health benefits.[1]

- strict diet
- caring for diet is important for exercise
- diet and exercise is important for benefits

Source of Information 2: A well respected scientist and doctor in low intensity exercise recommends that you need to consider the foods you eat to gain the most out of exercise.[2]

- low intensity exercise; yoga, thai chi, walking
- diet effects exercise benefits

I want to say that you can not effectively diet without exercise.

A. Diet and exercise is important for health benefits [1] and you should diet to get the full benefits of exercise. [2]

B. Diet and exercise is important for health benefits and you should diet to get the full benefits of exercise. [1] [2]

Also, I want to say that exercise will benefit the most if you eat well.

A. Having a strict diet is important for exercise. [1] such as low intensity exercises such as walking [2]

B. Low intensity exercises such as walking [2] and having a strict diet is important for exercise. [1]