

# Conjunctive Adverbs

Conjunctive adverbs connect two independent clauses and show a relationship between the two clauses.

They help create a transition to improve the flow of sentences.

**Directions:** The paragraph below consists of no conjunctive adverbs. Improve the transitions within this paragraph by adding 4 conjunctive adverbs. Use correct punctuation rules and rewrite the paragraph in the space provided below.

Regular exercise delivers powerful benefits to the body and mind. Exercise strengthens the heart and lungs. Circulation improves throughout the body. Muscles adapt to repeated movement. They become stronger and more resilient. Physical activity taxes the bones. Bone density increases in response to stress. The brain benefits from regular workouts. Mood-enhancing chemicals are released, lifting spirits and reducing stress. Ultimately, consistent physical activity can set a foundation for a healthier life.

[illegible]

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Regular exercise delivers powerful benefits to the body and mind. Exercise strengthens the heart and lungs. **Consequently**, circulation improves throughout the body. Muscles adapt to repeated movement; **therefore**, they become stronger and more resilient. Physical activity taxes the bones, **thus**, bone density increases in response to stress. The brain benefits from regular workouts. **Moreover**, mood-enhancing chemicals are released, lifting spirits and reducing stress. Ultimately, consistent physical activity can set a foundation for a healthier life.

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