

Name _____ **Transition Words**

Linking Words

Conjunctions are words that link ideas together within the same sentence.

Connectives are words that link ideas between different sentences and paragraphs. Some examples of linking words are:

and but therefore because however furthermore so
until firstly secondly finally in conclusion some people think or

DIRECTIONS: Read the article below. Underline all the conjunctions that link ideas within the same sentence. Use a double underline for all of the connectives that link ideas between sentences and paragraphs.



Turn Off The Television!

Has your mother ever told you to turn off the television and go outside to play? If so, then here are some good reasons why you should listen to her!

Many studies have been done linking watching television to early death, and the more you watch, apparently, the shorter life you can expect to have. In fact, scientists estimate that once you are over twenty-five years old, that every hour of television that you watch takes twenty-two minutes off of your life!

Why is this? The real problem here isn't the television—it is prolonged periods of inactivity, which have long been known to raise the risks of heart disease, type 2 diabetes, some cancers and early death. One reason that being sedentary has such a profound impact on your health is because it takes less energy to lounge around than it does to stand or walk. Over time, these periods of not "spending" your energy result in weight gain, and a change in your body's metabolism.

Not only that, skeletal muscles play a very important role in regulating the bodies' metabolism, and evidence shows that idle muscles slow down the release of enzymes that the body uses to control the levels of fats and sugars in your blood. Several books have been written recently that suggest that a daily workout is a good idea, but it can't counteract the effect of sitting on the sofa the rest of the day.

In conclusion, if you want to live a long life, your first, best step could be to get rid of your television!