

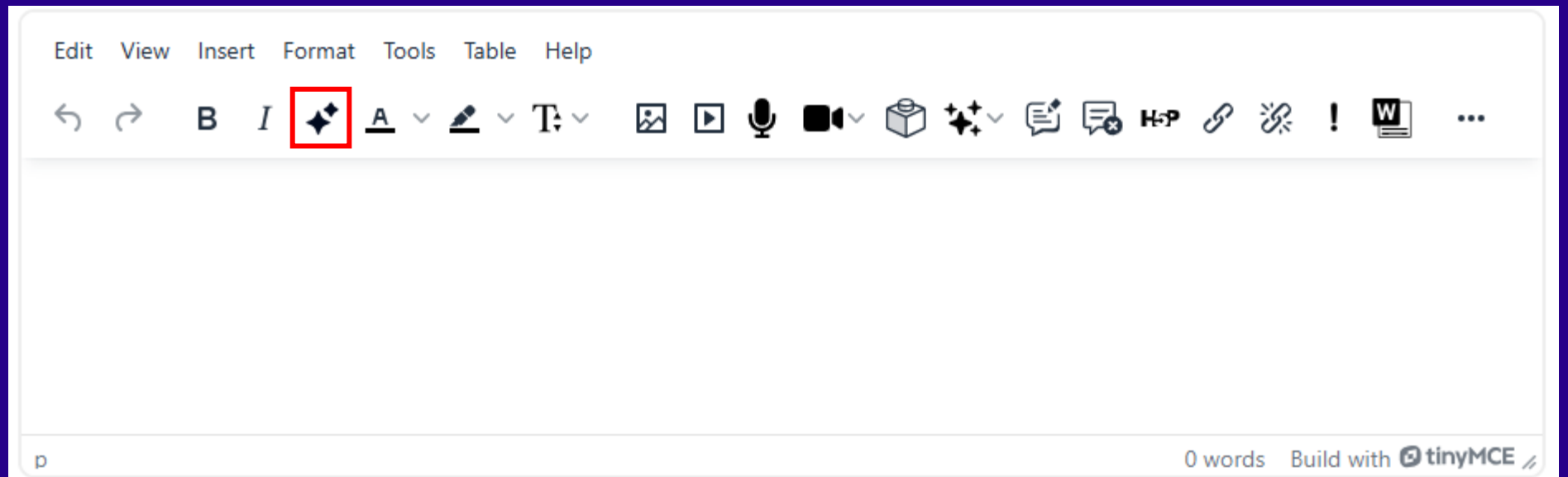
How to Generate AI Text

Info

Where you can access the toolbar:

You can access the **AI Tools** in any text editing box when you are:

1. Working in text areas for assignments, forums or quizzes.



Info

AI Text Generator

✦ What should the AI help you with?

×

AI output may not be accurate. Please check the results and refer to the IMU University AI guidelines. 

✦ Give the AI any prompt for generating text...



Summarize



Translate



Detailed description



Create audio



Image generation



Image description



Text recognition

Allows users to input a prompt and generate written content such as paragraphs, announcements, lesson content, or ideas based on the given instructions.

Step 1

Enter your prompt in the text box, then click the 'Arrow' to generate the AI text.

What should the AI help you with?

AI output may not be accurate. Please check the results and refer to the IMU University AI guidelines.

1 Give the AI any prompt for generating text... →

Summarize

Translate

Detailed description

Create audio

Image generation

Image description

Text recognition

2 →

Generate AI answer

benefits of regular exercise

AI suggestion

Regular exercise offers a multitude of benefits for both the body and mind. Here are some of the key advantages:

- Improved Cardiovascular Health:** Regular physical activity strengthens the heart and improves circulation, which can reduce the risk of heart disease and stroke.
- Weight Management:** Exercise helps to burn calories and can contribute to maintaining a healthy weight or losing weight, if combined with a balanced diet.
- Muscle and Bone Health:** Activities like weightlifting or resistance training can increase muscle mass and strength. Weight-bearing exercises also help maintain bone density, reducing the risk of osteoporosis.
- Mental Health Benefits:** Exercise is a powerful stress reliever. It can help manage mental health conditions like depression and anxiety, partly due to the release of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators.
- Improved Cognitive Function:** Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce the risk of developing diseases like Alzheimer's and dementia.
- Better Sleep:** Regular physical activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.
- Increased Lifespan:** Studies have shown that regular physical activity can contribute to a longer life expectancy.
- Enhanced Immune System:** Regular exercise can boost your immune system and help your body fight off infections.

Insert below

✓ Insert at current position

AI output may not be accurate. Please check the results and refer to the IMU University AI guidelines.

© text, © translation, © speech generation, © image generation, © image to text requests in 1 day

2 text, © translation, © speech generation, © image generation, © image to text requests in 1 day

Step 2

Once the text is generated, you can edit the prompt to regenerate the result or delete the current AI-generated text if needed.

AI suggestion ×

Regular exercise offers a multitude of benefits for both the body and mind. Here are some of the key advantages:

1. **Improved Cardiovascular Health:** Regular physical activity strengthens the heart and improves circulation, which can reduce the risk of heart disease and stroke.
2. **Weight Management:** Exercise helps to burn calories and can contribute to maintaining a healthy weight or losing weight, if combined with a balanced diet.
3. **Muscle and Bone Health:** Activities like weightlifting or resistance training can increase muscle mass and strength. Weight-bearing exercises also help maintain bone density, reducing the risk of osteoporosis.
4. **Mental Health Benefits:** Exercise is a powerful stress reliever. It can help manage mental health conditions like depression and anxiety, partly due to the release of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators.
5. **Improved Cognitive Function:** Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce the risk of developing diseases like Alzheimer's and dementia.
6. **Better Sleep:** Regular physical activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.
7. **Increased Lifespan:** Studies have shown that regular physical activity can contribute to a longer life expectancy.
8. **Enhanced Immune System:** Regular exercise can boost your immune system and help your body fight off infections.

Edit prompt and regenerate the result

Dismiss current result and go back to the preferences page

 Insert below ✓ Insert at current position

2 text, 0 translation, 0 speech generation, 0 image generation, 0 image to text requests in 1 day

Step 3 Choose where to place the generated text by selecting Insert at the current position or Insert below.

AI suggestion

×

Regular exercise offers a multitude of benefits for both the body and mind. Here are some of the key advantages:

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2. **Weight Management:** Exercise helps to burn calories and can contribute to maintaining a healthy weight or losing weight, if combined with a balanced diet.
3. **Muscle and Bone Health:** Activities like weightlifting or resistance training can increase muscle mass and strength. Weight-bearing exercises also help maintain bone density, reducing the risk of osteoporosis.
4. **Mental Health Benefits:** Exercise is a powerful stress reliever. It can help manage mental health conditions like depression and anxiety, partly due to the release of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators.
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6. **Better Sleep:** Regular physical activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.
7. **Increased Lifespan:** Studies have shown that regular physical activity can contribute to a longer life expectancy.
8. **Enhanced Immune System:** Regular exercise can boost your immune system and help your body fight off infections.

Append current result to the editor content

Insert current result at the cursor's current position

Insert below

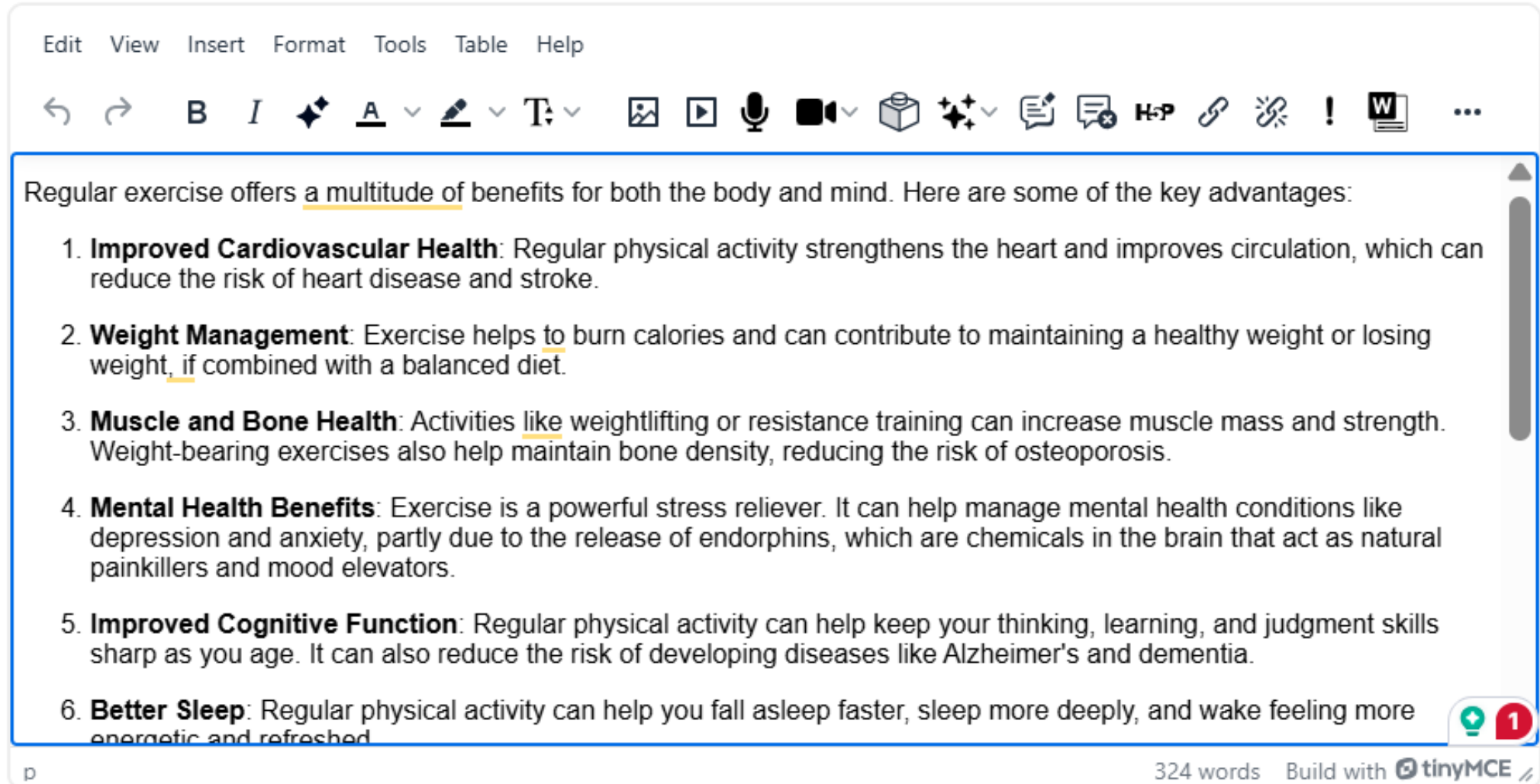
✓ Insert at current position

Insert below

✓ Insert at current position

2 text, 0 translation, 0 speech generation, 0 image generation, 0 image-to-text requests in 1 day

Step 4 When you click Insert below, the text will appear in the text box.



The screenshot displays the tinyMCE text editor interface. At the top is a menu bar with options: Edit, View, Insert, Format, Tools, Table, and Help. Below the menu is a toolbar containing various icons for undo, redo, bold, italic, bulleted list, text color, background color, text background color, link, unlink, insert image, insert video, insert audio, insert code, insert table, insert link, insert unlink, insert help, and a red '1' icon. The main text area contains the following text:

Regular exercise offers a multitude of benefits for both the body and mind. Here are some of the key advantages:

1. **Improved Cardiovascular Health:** Regular physical activity strengthens the heart and improves circulation, which can reduce the risk of heart disease and stroke.
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6. **Better Sleep:** Regular physical activity can help you fall asleep faster, sleep more deeply, and wake feeling more energetic and refreshed.

At the bottom right of the editor, there is a status bar showing "324 words" and "Build with tinyMCE".

Step 5

Finally, click **Save and display**.

Save and return to course

Save and display

Cancel



Required

Need assistance or drop your feedback at;



Chat
Messenger



eTicketing
<https://elearnzone.imu.edu.my/eticketing/open.php/>



Email
elearning@imu.edu.my