

Sample Persuasive Outline

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MLA Style

But First, Drink Water!

I. Introduction Section

Attention Getter	A cup of coffee, a can of soda, a box of artificially-flavored juice, or a glass of water? Which one will you choose? Well, I'm most definitely positive that most of us here in this class would choose the other three over a tall, ice-cold glass of water. Too many of us don't drink enough water on a daily basis and by depriving ourselves of this world's most natural resource called 'water', we are continuously damaging our bodies.
Thesis Statement	Today, I'm going to tell you why all of us should consider water as the most beneficial drink for all.
Reason to Listen	We are all human beings and the volume of our body roughly consists of more than 70% water. So why think twice in the idea of drinking water every single day if our body is mostly made up of water?
Speaker Credibility	I am a student majoring in Biology and at the same time, a human being that cares for my health and wellness of being. I've also done quite a lot of research regarding the importance of drinking water on a daily basis. Not only that, I've been passionate about taking care of my body and starting the day right by drinking water after waking up every morning and keeping my body hydrated throughout the day. Start it now! Start it today!
Preview of Points	<ol style="list-style-type: none"> 1. Problems: <ol style="list-style-type: none"> A. Consuming other drinks aside from water B. Not drinking enough water (dehydration) C. Not being aware of how to be properly hydrated 2. Solutions: <ol style="list-style-type: none"> A. Educate ourselves on the health benefits of water B. Accessible water sources C. Three simple easy steps to hydration

Signpost/Transition: To start off, I am going to go over the negative effects of consuming drinks aside from water.

Body Section

II. We encounter certain problems when we consume drinks aside from water to hydrate ourselves first thing in the morning.

A. "Drinking a few cups of coffee a day seems to be safe for most people. But evidence that coffee protects your heart is pretty weak." (Harvard Medical School, 2018)

1. "If you like coffee, it's fine to drink it. But please don't go out of your way to increase your intake in hopes of helping your heart." (Dr. Patrick O'Gara, a cardiologist at Harvard-affiliated Brigham and Women's Hospital)

a) James Lane, an associate professor of behavioral medicine at Duke University Medical Center, specifically claimed that "drinking a few mugs of coffee in the morning stresses your body out all day."

(1) "This potentially leads your chance of developing susceptibility to coronary heart disease over the long term if not stopped." (James Lane)

2. Coffee and caffeine can be harmful to health because people have wide range of response to it. Some people are very sensitive to caffeine while others aren't.

a) "Caffeine-sensitive people develop a pounding of irregular heartbeat, or jittery, anxious and inability to fall asleep after drinking a single cup of coffee." (Harvard Medical School, 2018)

3. Popular specialty coffee drinks, like Starbucks for instance, have coffee add-ins like cream, sugar, or sugary flavored syrups which increases our calorie intake so always be mindful when consuming this kind of drink.

B. "Some beverages, like calorie-containing soft-drinks, satisfy thirst but can actually increase hunger." (Elaine Magee, 2003)

1. According to research of Elaine Magee (2003), she found out that "an average 12-ounce can of regular soda contains the equivalent of 8-9 teaspoons of granulated sugar".

2. "Diet soft drinks trade sugar for artificial sweeteners such as NutraSweet (aspartame) that contain 4 calories per gram." (Elaine Magee, 2003)

Signpost/Transition: Now let's address the problem of not drinking enough water in a day.

III. Not drinking enough water to keep your body hydrated throughout the day potentially damage our bodies and body systems.

- A. The first thing you'll experience are dryness of mouth, skin and eyes.
 - 1. We all know that our skin is the largest body organ and always needs to be hydrated all the time. "Dry skin is one of the earliest signs of full-on dehydration which can lead to much larger problems such as lack of sweat, leading to a body's inability to wash away excess dirt and oil accumulated throughout the day." (Matt Duczeminski, 2016)
- B. For people who likes to workout, your muscle mass will decrease if your body is not properly hydrated before, during and after a workout.
 - 1. According to lifehack.org, "not drinking water before, during, and after a workout will increase the chance of developing inflammation and soreness related to exercise and weightlifting".
- C. "You'll be feeling fatigued and lethargic, experience hunger pangs, digestive problems, constipation, reduced urination, and premature aging." (lifehack.org)

Signpost/Transition: Now let's proceed to the major cause of these problems.

IV. Not being aware of the proper hydration process is "one of the most encountered problem by more than half of children and teenagers in the United States." (Harvard T. H. Chan School of Public Health)

- A. How much water do we need to drink?
 - 1. According to a research conducted by Dr. Barry Sears regarding dehydration, he stated that, "the rule of 8 glasses a day is actually complicated because we don't know exactly the size of glass to use, activity, environment or diet of individual."
 - a) As long as you don't experience the signs of dehydration then you're fine.
- B. When do we need to drink water?
 - 1. Our thirst sensation is the best indicator to know if we need to drink water.
 - a) Lawrence Armstrong, a director of the Human Performance Laboratory at the University of Connecticut conducted a research on dehydration for more than 20 years and asserted that "Dehydration affects all people, and staying properly hydrated is just as important for those who work all day at a computer as it is for marathon runners, who can lose up to 8 percent of their body weight as water when they complete."

C. Fluid Needs: When do we need to up our water intake?

1. "If you are pregnant or losing fluids (whether through sweat, vomiting, diarrhea or nursing), you need to replenish those lost fluids." (Rima Kleiner, MS, RD)
2. The temperature outside, or simply the environment, affects our fluid loss.
3. Working out and/or exercising also increases our fluid needs.

Signpost/Transition: So how do we solve these problems you may ask?

V. Drinking enough water on a daily basis provides goodness in the overall health of an individual.

A. "Improved weight status, reduced dental caries, and improved cognition among children and adolescents can all be achieved if one drinks sufficient amounts of water." (CDC, 2017)

1. "Water helps with managing body weight and reducing caloric intake when substituted for drinks with calories such as regular soda and artificially-flavored drinks." (Centers for Disease Control and Prevention, 2017)

B. According to the Journal of Nutrition (2011), "water helps in keeping your normal body temperature, lubricate and cushion joints, protect your spinal cord and other sensitive tissues, and get rid of wastes through urination, perspiration, and bowel movements."

1. "Adequate fluid intake helps maintain our body-fluid balance, which is important for saliva production and maintaining body temperature." (The Journal of Nutrition, 2011)
2. "Staying hydrated with water helps keep our kidneys functioning properly in transporting waste products in and out of cells and preventing the buildup of blood urea nitrogen, which gets excreted in urine." (The Journal of Nutrition, 2011)
3. "Water helps maintain normal bowel movements which certainly influence your mood and energy levels". (The Journal of Nutrition, 2011)

C. Drinking water can prevent dehydration.

1. According Dr. Barry Sears, "your cells need adequate hydration to optimize the production of energy from food".
 - a) "Not having adequate dehydration in the cells will result on the reduced ability of producing enough energy you will need for the entire day and you will most likely feel fatigued.", says Dr. Barry Sears.

Signpost/Transition: Well, if you're worrying about the 'what', 'where', 'why', and 'how' of water sources then no fear because I have a solution for this as well.

VI. Water is pretty much accessible in all kinds of you can think of.

- A. Water is convenient and cheap, and sometimes free, compared to other drinks!
 - 1. Instead of buying calorie-containing drinks in restaurants and diners, you should rather choose water. Plus, you don't have to worry about paying for an extra charge every time you ask for water because it is free!
 - 2. Schools, child care settings, parks, and other natural settings provides free drinking water access like water fountains, for instance.
 - 3. Water refill stations are cheap! If you're out of drinking water at home, all you have to do is go to the nearest refill station like Glacier water, and fill your water gallons for only a \$1.25 each (\$0.25 for 1 liter).
- B. There are many varieties of water to choose from.
 - 1. Different brands such as Dasani, Aquafina, Perrier, etc., offers a lot of option that we will need in our everyday consumption of water.
 - 2. Purified water, mineral water, and alkaline water are some kinds of water which are very essential to the human body as each kind provides specificity of their usage and consumption.
 - a) According to the class survey I've conducted, 74.1 % (20 out of 30) drink purified water, 33.3% (9 out of 30) drink mineral water, and 22.2% (6 out of 30) drink alkaline water.

Signpost/Transition: Next step, let us be knowledgeable of the ways to avoid dehydration.

VII. Always ensure that you are perfectly hydrated at all times by simply following the three simple easy steps that I'll be sharing with you all.

- A. First step: Don't let yourself get thirsty.
 - 1. Lawrence Armstrong explains that "our thirst sensation doesn't really appear until we are 1-2% dehydrated. By then, dehydration is already setting in and starting to impact how are mind and body perform."
 - 2. According to Dr. Sears, "The reason that we have a thirst sensation is mainly because of the lack of water alters the balance of salt in the blood and this imbalance causes a cascade of effects resulting in the desire for greater hydration".
- B. Second Step: Check your urine color!
 - 1. The color of your urine is a pretty good indicator of knowing whether or not your body is hydrated.

2. "The darker the color of the urine, the greater the hydration you require." (Dr. Sears)
 - a) According to Rima Kleiner (MS, RD, and blogger at Dish on Fish), "You're drinking an adequate amount of water if your urine is colorless or pale yellow. Bright or dark yellow urine shows mild dehydration. Darker than pale yellow shows strong dehydration (you need to drink some water)."
- C. Third Step: Reach for foods with high water content.
 1. "Many vegetables and fruits are most comprised of water and some more than 90 percent water, which contributes to our fluid intake and keep us hydrated", says Rima Kleiner.

Signpost/Transition: Keeping our body hydrated all the time is very easy by following the three simple easy steps to hydration. Now let's proceed to the conclusion.

Review Thesis

Water is the most beneficial drink for all as it is the world's most natural resource of minerals and nutrients, something that a can of soda or anything don't have, that our body need in order to keep hydrated and healthy.

Review Main Points:

Today, I went over the problems such as the negative effects of other drinks aside from water that constantly damages our bodies, the impacts of dehydration on our body systems, and not being aware of proper hydration. I've also provided easy solutions such as educating ourselves on the health benefits of drinking water on a daily basis, the importance of familiarizing ourselves with all of the accessible water sources everywhere, and the three simple easy steps to hydration.

Finish with a Clincher:

Water is one of the most essential elements for life to thrive. Select the right choice and choose water! Drink water now or risk everything.

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