

Sample Persuasive Outline

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Why You Should Run

I. Introduction Section

Attention Getter	Motivation: It can come from all sorts of situations, from scrolling through The Rock's Instagram feed to wanting to impress a girl you like. But in today's world of dirt-cheap fast food and seemingly endless distractions, many continually lose the motivation to stay in shape.
Thesis Statement	Today, I'll be walking you through all the potential benefits of healthier living-- specifically, why each person in this room should consider going on a short, twenty-minute jog at the end of each day.
Reason to Listen	Maintaining a healthy physique is paramount to living a quality life. The more effort you invest in yourself physically, the more you'll be rewarded; as we'll discuss momentarily, lower levels of stress, a higher resistance to illnesses and a general increase in mental wellbeing are just some of the many benefits of running.
Speaker Credibility	After starting to fall out of shape in my freshman year of high school, I decided it was time to make a change in my lifestyle

	<p>and begin running. Like many high schoolers, I'd gradually come to dislike running over the years--always associating it with uncomfortable school-enforced jogs in the hot sun. But by making the choice to adopt a healthier style of living, my physical and mental wellbeing have both drastically improved overtime, which makes me confident in advising all of you.</p>
<p>Preview of Points</p>	<p>After discussing the current state of healthy living in America, we'll then proceed to examine the causes of this negative condition, before exploring the different avenues each of you could potentially take to improve your present lifestyle.</p>

Signpost/Transition: We Americans often like to pride ourselves on living in the "freest country on Earth," and--while that may be true--why, then, do so few of us dedicate any of our free time to a regular fitness routine? Let's begin by exploring the current state of health of in America.

- Based on the statistics and our own personal observations on a daily basis, it's clear that most Americans don't live a healthy lifestyle.
 - Though far from the *most* obese nation, from 2015 to 2016 America still touted a staggering obesity rate of roughly 40% of the population, according to a report by the CDC ("National Center for Health Statistics").
 - While this figure may fluctuate on a state-to-state and year-by-year basis, it's clear that--though perhaps more health conscious than we were in the 20th century--well over a quarter of Americans are still battling obesity.
 - According to the American Society for Metabolic and Bariatric Surgery, roughly 78 million Americans are affected by obesity--some 24 million of which are critically overweight ("Obesity in America").

- But this sense of physical ambivalence across the nation isn't just exclusive to independent, decision-making adults--it also has a major impact on the country's youth, who look to their parents for guidance.
 - The CDC reports that obesity is prevalent among 10% of kids in high-income families, while affecting roughly 20% of kids in the low-to-mid income range.
 - The affordability of fast food among poorer families is a major factor in this increase.
- According to the U.S. Department of Health and Human Services, only one in three American kids is active on a daily basis ("Facts & Statistics").
 - With the rise of online distractions like Instagram and Fortnite, America's youth is less inclined than ever to leave the house and exercise.

Signpost/Transition: So how did we reach this point as a nation?

- There are several causes that we can attribute the sedentary American lifestyle to.
 - A primary cause of obesity--particularly among low-income families--is the affordability of fast food.
 - According to a report by the CDC, between 2013 and 2016, some 84.8 million Americans consumed fast food on a daily basis.
 - Cheap, high-calorie food is more accessible than ever thanks to apps like DoorDash, Uber Eats and Postmates.
 - Another factor to consider is just how many distractions are constantly battling for our attention in today's digital world.
 - Children and teens are especially susceptible to these distractions, with social media, video games, music, TV and more all vying for their attention.
 - The dopamine that's released when engaging in these activities keeps peoples' eyes glued to their screens, causing them to neglect their physique.

Signpost/Transition: The best way to stay in shape and engage in a better way of living is simply to lace on a pair of kicks, throw on some gym shorts and go on a run.

- Running's affordability--combined with the fact that virtually everyone in this room is capable of doing it without instruction--make it the prime way to either lose calories or simply stay fit.
 - If you have access to a gym, then the treadmill is a great option. Otherwise, I would recommend mapping out a route near your house and testing it.
 - You can buy some cheap running shoes and shorts from your local thrift store.

Signpost/Transition: But if you're someone who either despises or for whatever reason physically can't run, there are still plenty of alternatives to consider when it comes to healthier living.

- It's understandable that some people have--overtime--been conditioned to see running as an unbearable chore. Thankfully, there are still some great substitutes to consider.
 - Dieting--so long as you don't make yourself miserable--is another great way to lose weight.
 - In general, a good rule of thumb is to always burn more calories in a day than you gain.
 - You can use apps like MyFitnessPal to track how many calories you're consuming, and how many you still need to burn to keep on track.
 - Sticking mainly to white meat, avoiding items like rice and bread and sticking mostly to water are all good dieting techniques to consider practicing.
 - Working out is another great way to stay in shape.
 - Most major gyms--notable LA Fitness and 24 Hour Fitness--offer free, temporary gym passes, and once you're a member will even give you a complimentary fitness assessment.
 - Beyond simply burning calories and gaining muscle, working out is also known to have several other benefits, as well.
 - Research shows that exercise generates new mitochondria in your cells, allowing for the production of more ATP--or energy--in your body.

- This increase in energy has been shown to, overtime, increase both your physical and mental output.

Review
Thesis

In today's society, the sheer amount of distractions and temptations that constantly surround us may cause you to slowly neglect your physique. Thankfully, by simply dedicating a small portion of your day to a short run, it's possible to enjoy these distractions while still maintaining a healthy lifestyle.

Review Main
Points:

With nearly half the population battling obesity, it's clear that America is in the thick of a major obesity epidemic--the causes of which span from affordable fast food to the smartphone in your pocket. Running, hiking and working out are all excellent ways to avoid trapping yourself in a sedentary lifestyle.

Finish with a
Clincher:

Running can suck. There are times when I get home from work at night and want nothing more than to take a warm shower and crawl into bed--to skip the jog altogether. But once I force myself out that door and do my twenty-minutes, the sense of physical and mental wellbeing I'm ultimately left with always makes the effort worth it. I hope some of you will consider using running as an outlet to relieve stress and extra calories at the end of your day.

Works Cited

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