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[Essay Healthy 5 Day](#)

Note: Carly Ferguson created the original version of this outline for a speech in CST 110. She was a top five speaker in the 2014-2015 Public Speaking Competition. The five steps of Monroe's Motivated Sequence are indicated below in parentheses. A video of Carly's speech is available at: <https://mymedia.uwlax.edu/Mediasite/Play/cb64fad1294c4b21b0fd80ce694170541d>

Persuasive Speech

Carly Ferguson

Specific subject: Eating healthy

Specific purpose: To persuade the audience to eat healthy

Introduction (attention)

I. Attention getter: Have you heard of the freshman fifteen? Is it true? Does the average college freshman actually gain 15 pounds? Or is it a myth? According to a *Web MD* article written by M.D. Kathleen Zelman called "Diet Myth or Truth: The Freshman 15" in 2011, "...it's a little bit of both..."

II. Thesis statement: Regardless of whether this 15 pounds of weight gain is fact or fiction, who could argue that eating healthier is not a good idea? Today, I am going to prove to you that eating healthier is easier than you think, and that it makes sense.

III. Speaker credibility: After extensive research on the matter, I am here to encourage you all to engage in an effort to eat healthier foods.

IV. Preview of main points: I will show you that there is a need to eat healthier, an easy and straightforward plan to help you accomplish this, and the benefits you receive from eating healthy.

Body

I. First main point (need): Let me start by discussing the need to eat healthier in college.

A. When college students leave home and start to adjust to independent living, healthy eating behaviors are pushed to the bottom of one's to-do list: still important, but not enough to be done well.

1. According to the *USA Today* article "Beer, Bad Habits Fuel College Weight Gain" by Nancy Hellmich in 2008, 76% of females eat when under stress, which could explain why weight gain is most likely to occur due to a change in environment and an increase of stress.

2. According to the US Department of Health and Human Services website Healthy People 2010 (n.d.), unhealthy dietary behavior is associated with 5 of the top 10 leading causes of death and unhealthy dietary behavior is one of the top six health risk behaviors identified in college students.

3. The problem is that weight gain isn't something that pops up overnight, it's gradual.

a. Sophia Breene (2013, August 6), writer for the *Huffington Post*, in her 2013 article "Why the 'Freshman Fifteen' is a Lie" pointed out that weight gained between the first day of freshman year and graduation was an average of 10 pounds. That doesn't sound terrible.

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FAQ

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle.. It is healthier to eat at home and it is usually much more comfortable. For me, there is no doubt that I prefer eating at home. Firstly, eating at home is much less Put a copy on your refrigerator to serve as a daily reminder! Healthy Eating Plate. Make most of your meal vegetables and fruits – ½ of your plate: Aim for color Less than 5 grams of salt per day can reduce the risk of cardiovascular disease. The WHO has stated that insufficient vegetables and fruit is the cause of 2.8% of Free Essay: Healthy Eating The Benefits and Roles on the Body Over time sitting and eating at the table with family has slowly drifted away. ... Starting the day off right, by eating healthy is essential to our bodies. ... 1157 Words | 5 Pages.. ... general health. It is important to intake the right nutrients daily to obtain a healthy diet.... ... Related Documents: Essay on Healthy Diet ... Words 1021 - Pages 5 Health Essay Writing Service About Your UK Essay. 42 5. 810 words. ... to stay healthy, we have to eat the right kinds of food, exercise daily, Jump to Include the five food groups in your diet - A healthy diet focuses on the five major food groups. The 'daily serves' tables on our Healthy eating Find health information to help you make healthy choices for disease ... Thirty minutes of modest exercise (walking is OK) at least 3 to 5 days a week is Moving more and eating better can help you improve your health and keep up with the ... Shoot for 300 minutes per week, or an hour a day 5 days a week.. Eating a balanced diet helps people maintain good health and ... requires, without going over the recommended daily calorie intake. ... they now recommend eating foods from the five groups and building a balanced plate.. Make sure to eat five to nine servings of varied veggie and fruits per day. 2. Drink water. You can save money and improve your health by drinking To learn more about healthy eating, including managing a condition, food safety, and ... to Friday 9:00 a.m. to 5:00 p.m., or you can Email a HealthLinkBC Dietitian. ... To eat healthier food, you may need to change some of your daily habits.. In all the activities which one undertakes every day, small changes can take him or ... 5 Easy Ways to Live a Healthy Lifestyle Making healthier lifestyle choices 5 reasons for eating 5 a day They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer. They can help to reduce your risk of heart disease, stroke and some types of cancer.. Get moderate to vigorous physical activity for at least 30 minutes a day 5 days a week. Healthy eating provides the sustained energy you need to be physically Eating a balanced, calorie-managed diet can also help control weight. When you start the day with a healthy breakfast, you avoid becoming overly hungry later, Always there is a need to be healthy because unhealthy body will be a... ... Daily find some time 30 mints to one hour per day for your exercise.. Nowadays, kids need to eat healthy food more than ever. ... 500+ Words Essay on Healthy Food ... Get the huge list of more than 500 Essay Topics and Ideas ... Customize your course in 30 seconds. Which class are you in? 5th. 6th. 7th ... Literacy for Students and Children · Essay on Republic Day for Students and Children A healthy lifestyle looks different for everyone, but the registered dietitians we ... and may even be in a better mood on a daily basis,” says Samantha Heller, RD, ... RELATED: 5 Tricks for Getting Enough Fruits and Veggies ... 5b8c838b47

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