

Eat Healthier in College

By

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Cengage Learning (ENG 237-03)

Mrs. Sylvia Hayes, Instructor

Topic: Eat Healthier in College

Specific Purpose: To persuade my audience to eat healthier while in college.

Thesis: Eating healthier is easier than you think; there is a need to eat healthier, a simple and straightforward plan to help you accomplish this, and to the benefits you will receive from doing so.

(This is where you start talking in your speech)

Introduction

Attention Getter: Have you all heard of the freshman 15? Is it true? Does the average college freshman really gain 15 pounds or is it a myth? Well, according to Doctor Kathleen Zelman, who wrote an article for WebMD, it's a little bit of both.

Reveal topic: Regardless of whether this fifteen 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.

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

Purpose: Today I will persuade you to eat healthier while in college.

Preview Points/Thesis: Eating healthier is easier than you think; and I will show you that there is a need to eat healthier, I will give you an easy and straightforward plan to help you accomplish this, and I will explain the benefits you receive from eating healthy.

Body

Transition: Let me start with the need to eat healthier in college.

Main Point I: Need: Prove there is a need (You don't read the Main Point or the Labels (Bolded words) below in the speech)

Example: 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.

Statistic: Nancy Hellmich, a journalist for *USA Today*, states that 76% of females eat when under stress. This could explain why weight gain is most likely to occur due to a change in environment and an increase of stress.

Statistics: According to the US Department of Health and Human Services, 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.

Testimony: The problem is that weight gain isn't something that pops up overnight; it's gradual. Sophia Breene, a writer for the *Huffington Post*, pointed out that weight gained between the first day of freshman year and graduation was an average of ten pounds. That doesn't sound terrible.

Statistics: However, Sophia Breene also argued that weight gain during college could be the beginning of continuous weight gain throughout the course of the student's life.

Testimony: Dr. Ardith Brunt of North Dakota State University explained that the lifestyles we develop during these transitional years, which she defines as ages 18 to 24, can have long-lasting impacts on students' health and the health of their future families.

Transition: Next I am going to show you how simple it could be to eat healthier.

Main Point II: Satisfaction: Plan to satisfy need. (You don't read the Main Point or the Labels (Bolded words) below in the speech)

Example: Nerd Fitness, a website created to help "Average Joes" become healthier, created an eating healthy guide for college students written by a college student! Who better to know our struggles? The article started off by mentioning the concept of finite will power.

Statistic: This common theory, specifically clarified in the *New York Times*, explained why we lose motivation after 2 weeks of a new project, or how we can't seem to bring ourselves to work out after a full day of classes.

Testimony: When this theory is applied to the hectic lifestyle of a college student, it's easy to lose will power and turn to cheap and convenient food. That is why Taylor, from Nerd Fitness, recommends focusing on doing good and not being perfect.

Example: It's not ideal to eat on campus, but there are still options. At the Sub Connection for instance, take an apple or banana instead of a bag of chips. Drink water instead of pop. It's really that simple. At Whitney there are better options available as well, for example, the salad bar or cooked veggies. You also have the option to ask for dismantled food. Simply ask for a component of the full meal. We're all eating anyways, this isn't putting anyone out.

Testimony: I know I do this: Instead of getting the white sauce on my noodles I ask for just the noodles. It's still not super healthy, but it's not as bad as it was. And I have also started grabbing apples at the sub shop instead of my usual Ruffles cheddar and sour

cream chips. It may not be what I'm craving, but it is very simple to just grab a fruit, check out, and leave. I don't even think about it anymore.

Transition: There are countless benefits for eating healthy and I am only going to touch on a couple.

Main Point III: Visualization: The benefits of healthier eating. (You don't read the Main Point or the Labels (Bolded words) below in the speech)

A. Testimony: A new study published in the *British Journal of Health Psychology* found that young adults who eat more fruits and vegetables experienced greater "flourishing." Cynthia Sass, a registered dietitian, defines flourishing as, "happier, more positive, creative, and curious."

B. Testimony: Cynthia Sass also wrote an article in *Health* magazine on five reasons to eat healthier that have nothing to do with weight.

- *One, Better mood.* Scientists found that a higher intake of fruits and vegetables resulted in more energy, calm, and greater feelings of overall happiness.
- *Two, Sounder sleep.* Numerous studies have tied better sleep to improvements in overall wellness. Foods tied to better sleep include fish, whole grains, nuts, and dark green leafy vegetables.
- *Three, Better workouts.* In recent years, several healthy foods have been shown to either build muscle, boost recovery, or improve endurance.
- *Four, Glowing skin.* Scientists at the University of Nottingham found in their study that people who ate more produce were rated as more attractive than those with suntans.

- *Five, Improved brain function.* I think we'd all be okay with that! In the health world, the Mediterranean diet, which includes lots of fruits and veggies and a smaller intake of dairy and refined grains, is considered the best of the best. Researchers found that over six years, Mediterranean diet eaters were 36% less likely to have brain damage.

Conclusion - Action: Urge audience to act (You don't read this label or note)

In conclusion, I would like to encourage you all to pay a little bit more attention while you eat. It doesn't have to be all the time and it doesn't even have to be strictly healthy foods, just good changes here and there so it becomes a habit, second nature, and then, when you're ready, maybe you'll take the next step towards a healthier lifestyle. Whatever that may be for you. Today I have shown you the need to eat healthier by showing you how the habits we develop in college could impact our future lives, a straightforward plan to help you accomplish this, and the benefits we receive apart from weight control. I would like to conclude with a quote from Winston Churchill. "Healthy citizens are the greatest asset a country can have." And I would like to believe that our health is our greatest asset." Thank you.

Works Cited

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