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Speech 1

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General Purpose- To Inform

Specific Purpose- To inform audience on how to avoid laziness and <sup>discuss the</sup> educate on the benefits of being active.

Central Idea- Laziness is more than just wasting <sup>ing</sup> of time; it can lead to poor health and inability to progress in life. ✓

Title- Taking Action against Laziness ✓

### Introduction

How many of you are attentive and listening to this introduction? The reason why <sup>we</sup> you are able to

listen attentively is because <sup>our</sup> your brains are ~~fully~~ active. This is a result of sustained physical and mental activity over the years <sup>we</sup> you have been alive. These activities have conditioned <sup>our</sup> your brains

to become capable of engaging in critical thinking and interactions with others at the shortest notice possible. Now imagine if your brain processed information so slowly that you were not

able to follow this introduction, or even maintain attention for long enough for me to complete a sentence. <sup>we</sup> You would also not be able to conduct your studies or communicate with others well.

<sup>our</sup> Your social life and physical health would be negatively affected due to your inability to remain

mentally active. This is an outcome that is possible if you become lazy and refuse to be an active person.

<sup>individual</sup>

<sup>we</sup> First, you have to know <sup>our</sup> your limits. This is the first step in avoiding laziness. Not every person can be

fully active on a regular basis; some people can participate in extreme sports all day and not get

tired, while others can barely participate in a physical exercise in school. However, <sup>we</sup> you should

Be clear about your points.

MP 1. Get physical  
MP 2. Be social

MP 3  
Stay healthy.

always be aware of how much your body and mind can take to avoid the situation where you wear your body out as you seek to be active.

After understanding how your body works and the limits that it has, you can develop a plan that you can follow to avoid laziness. You have to be aware of whether you need to do gymnastics, participate in a sport or do your own physical exercise to keep your body physically active. You can also make regular plans with friends to keep yourself socially active. You can attempt puzzles and word games among other exercises to remain mentally active.

### Main Point #1

The first step in avoiding laziness is planning how to engage in physical activities that are good for your body. It is also important to ensure ~~that~~ the right conditions are in place ~~for you to~~ *before we* engage in physical activity.

- a. Settle on physical activities that do not exhaust your body and leave you unable to engage in other areas of your life. It is recommended that you perform physical activities that match your mass and your ability. Avoid ~~engaging in~~ *strenuous* activities that leave your body unable to recover fully.
- b. Hydration is an important factor as it reduces fatigue during and after ~~your~~ workouts. According to the American Council on Exercise, men should drink 3.7 liters of water per day while women should drink 2.7 liters per day. When you plan physical activity, make sure that you well hydrated to maximize the effect of the workout and also to avoid fatigue after you finish the workout. The American Council on Exercise recommends that you drink 7 to 10 ounces of fluid every 10 to 20 minutes of extreme exercise.
- c. Sleep is an important factor in maximizing the benefits of exercise. It may sound odd to recommend sleep ~~for you~~ to avoid laziness, but for this particular point it is a crucial

factor. You should get <sup>enough</sup> sufficient amount of sleep to avoid <sup>so you don't feel too</sup> experiencing fatigue after <sup>tired after</sup> performing physical activities. Lacking ~~of~~ <sup>it</sup> sufficient sleep will leave your ~~body~~ constantly weak and make you unable to spend your day actively. The Centers for Disease Control and Prevention (CDC) recommends between 7 to 9 hours of sleep every 24 hours to avoid fatigue. ✓

Engaging in physical activity at the recommended levels makes you feel more refreshed and ~~this~~ <sup>it</sup> improves <sup>our</sup> the mood, you are likely to have around people. <sup>We will be</sup> It makes you feel more comfortable in social settings, <sup>which</sup> and ~~this~~ is another benefit of ~~avoiding~~ <sup>not being lazy.</sup> laziness.

### Main Point #2

Social activity is a valuable way of avoiding laziness and becoming a more active person. You should participate in social events and interact with other members of the community as regularly as possible. ✓

- a. According to the National Academies of Science, Engineering and Medicine, 25 percent of adolescents in the United States face a high risk of not <sup>becoming productive</sup> achieving productive adulthood. <sup>adults.</sup> These ~~are~~ <sup>people</sup> individuals who do not participate in social events with their peers and other members of society. They prefer to be lazy and inactive instead of developing their social skills. ✓

- b. <sup>a reach that needs evidence</sup> The lack of activity leaves you at risk of school failure, adolescent risk, substance abuse and problems with the justice system. These risks become possible when you think that there is nothing better to do and so decide to engage in activities that have no benefits ~~for~~ you. These risks can be avoided if you participate in positive social activities that allow you to develop socially. This highlights why it is important to avoid laziness from a social perspective.

Boredom can lead to destructive behavior  
get facts on this.

c. Social activity is also important because it <sup>helps us</sup> ~~enables an individual to~~ learn how to interact with others in adulthood. Laziness leads to a person preferring not to interact with their

peers during their free time. This is particularly problematic for many youth who enter the job market not knowing how to communicate effectively and handle social conflicts. <sup>the more we interact, the more we can improve our social skills.</sup>

Avoiding laziness in the social setting will allow you to develop communication skills

<sup>Social skills are</sup> ~~that will make adult life much easier.~~ <sup>for success</sup>

Participating in social activity is an effective way of avoiding loneliness because of the regular interaction with others and creation of bonds. This greatly reduces the ~~risk of getting~~ mental health problems <sup>ble</sup> ~~as a result of laziness.~~

### Main Point #3

Laziness makes a person unable to provide exercise that the human body needs to remain in good condition for general performance. A person who is lazy and inactive makes their body unable to maintain good health. <sup>relates to MPI?</sup>

- a. A major problem that is caused by laziness is general lack of fitness, and a specific issue is obesity. The World Health Organization found that most of the global population lives in countries where obesity kills more people than being underweight. It was found 39 percent of adults in 2016 were overweight, with 13 percent being obese. This is particularly a problem in developed countries where people do not regularly exercise their bodies and spend more time indoors on their electronics than they do outdoors. The high number of overweight adults shows that there is a laziness problem. It is important for people to understand the disadvantages of being inactive as obesity is a common result of inactivity.

- b. Laziness leads to poor general health for any individual because of low physical activity.

It results in body mass index becoming is higher and the person becoming overweight.

This combination of factors makes you have a high risk of non-communicable diseases

such as diabetes and cardiovascular diseases. Cardiovascular disease is the leading cause of death for both men and women while diabetes is a major cause of kidney failure, heart attacks, stroke and blindness.

get sources for this info.

- c. The health effects of laziness contribute to poor mental health for those who remain inactive for most of their free time. It makes the person feel bad about himself and creates frustration about being unable to live a healthy and stress-free life. Laziness is connected to development of depression and dementia. This is a major reason why you should avoid laziness and become active in life, as you risk both physical health and mental health problems.

### Conclusion

As I conclude my speech, I would like to highlight the main points I have developed on this topic .

of discussion. Laziness should be avoided because of three factors: physical health, social development and mental health. For physical health, <sup>it affects our</sup> ~~one~~ <sup>we</sup> should participate in workouts but <sup>also be our</sup> ~~should always be aware of the limits of his body~~. For social development, <sup>we</sup> ~~one~~ should interact <sup>& social skills</sup> regularly with others because it is a form of physical exercise and improves social bonds. Mental health is the final point and it is a factor that could affect any person. We should avoid laziness <sup>can lead to boredom, depression, & loneliness</sup> because it leads to poor health and the person becoming frustrated or depressed about this situation.

Following the recommendations provided in this speech will enable you to achieve physical,

social and mental wellbeing. Laziness is a major problem especially because of the technology at

Sometimes it's difficult to get going - but once we do - we are happy that we did! Right?

our disposal <sup>which</sup> encourages us to avoid activity in most cases. <sup>We</sup> Individuals ~~now~~ do not even want to walk up a short flight of stairs and prefer escalators or elevators. This is a reflection of the problem of laziness, a problem that should be addressed immediately and effectively.

### Bibliography

- 1 Courseault, Jacques. *How to avoid being tired after extreme exercise*. Live Strong, 2017.

Retrieved from: <https://www.nap.edu/read/10022/chapter/12>

- 2 Marmot, Michael. *The health gap: The challenge of an unequal world*. Bloomsbury Publishing, 2015.

3 <https://www.nap.edu/read/10022/chapter/12>

4 <http://www.who.int/mediacentre/factsheets/fs311/en/>

Good outline & format. You  
Need add'l facts to back up your  
claims. Eliminate extra words -  
Use "we" instead of "you", keep  
similar info together.