Title "The Benefits of Running"

I. Introduction
   A. Running is becoming an extremely popular sport for all ages.
   B. Running is a great form of exercise because it helps people control their weight, develops muscles, and improves mental and physical performance.

II. Body
   A. Weight control
      1. Aids self-control
      2. Burns calories
      3. Encourages a healthy diet (add information/facts from Dr. Martin Vazquez, a dietician at the Mayo Health Clinic in Arizona)
      4. Suppresses appetite
   B. Muscular Development
      1. Improves tone
      2. Enhances contours
      3. Increases strength (add information from personal interviews with various coaches at the school)
      4. Improves endurance
   C. Psychological well-being
      1. Aids sleep (add information from the article “Sleep Deprived? Take a Jog!” by Ryan Davids)
      2. Inhibits depression
      3. Intensifies vitality

III. Counter Argument
   A. Running can be unpleasant
      1. Injuries to joints (add information from “Constant Impact” by Julie Frommer)
      2. Rebuttal A: Proper warm-up and cool-down techniques minimize injuries
      3. Rebuttal B: Active bodies have more flexible and healthier joints and muscles

IV. Conclusion
   A. Benefits of running make it an excellent exercise.
   B. People who want to improve their health should consider running.
Argumentative Essay Outline

Title ______________________________

I. Introduction
   A. (Hook)__________________________________________
   B. (Claim)__________________________________________

II. Body
   A. Topic 1__________________________________________
      1. ______________________________________________
      2. ______________________________________________
      3. (Textual Evidence)______________________________
      4. (Textual Evidence)______________________________
   B. Topic 2__________________________________________
      1. ______________________________________________
      2. ______________________________________________
      3. (Textual Evidence)______________________________
      4. (Textual Evidence)______________________________
   C. Topic 3__________________________________________
      1. ______________________________________________
      2. ______________________________________________
      3. (Textual Evidence)______________________________
      4. (Textual Evidence)______________________________

III. Counterargument (those opposed to your claim would argue this)
   A. ______________________________________________
   B. ______________________________________________
   C. Rebuttal A (why they are wrong and you are right)___________________________
   D. Rebuttal B__________________________________________

IV. Conclusion
   A. (Thesis restatement)________________________________
   B. (Final thoughts/call to action)
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