Topic: Drinking Water

General Purpose: To Persuade

Specific Purpose: To persuade my audience to incorporate drinking water into their every day.

Thesis: Drinking water is essential to our all around health.

Introduction:

1. (pooring a glass of water, Take a drink)

2. Drinking water is essential to our all around health. *Thesis statement*

3. Today I want to talk to you about the health benefits of drinking water, why soda is not a good replacement beverage, and how we can increase our intake of water.

Body:

I. Some of the health benefits of drinking water (according to webmd.com)

 A. Water helps maintain balance of body fluids (urine, blood, saliva).

 B. Water helps control calories-drink in place of high calorie beverages (soda/alcohol).

C. Water energizes muscles- muscles that don’t have a good balance of electrolytes and hydration shrivel and fatigue easier.

D. Staying hydrated keeps your skin fresh and young- dehydration increases wrinkles and dryness.

 E. Water helps your kidneys excrete toxins from the body

II. You should choose water of soda.

A. Soda tends to have a low satiety (fullness) but promotes positive energy (calories) balance (weight gain).

B. (according to livestrong.com) The caffeine in soda is used as a diuretic which causes you to lose fluid. Soda contains dehydrating properties (carbonation, salt, sugar, etc.) that can affect the water balance in your body.

 C. Another unfortunate side effect of drinking soda is the wearing of your teeth.

Dentistry.net states some studies show that soda can be as corrosive as drinking battery acid. Wearing of the enamel is caused mostly by the sugar, phosphoric acid created from bacteria in your mouth, and staining of your teeth.

III. How to increase your water intake . (acc. to MS Nutrition Counselor Carolyn Burris)

 A. (20% of our water comes from food….so eat more fruit and veggies!!

B. When you get up in the morning drink a glass of water, it will kick start your metabolism.

C. Carry a water bottle with you in your purse, backpack, at your desk, wherever. Make it your personal reminder to hydrate.

 D. Don’t wait to be thirsty to drink water. Stay ahead of the game.

E. Drink a large glass of water an hour or so before you eat. This will help fill you up so you don’t take in too many calories.

F. If you are having a beverage, drink a glass of water with it to counter act the sugar and salt.

Conclusion:

1. In conclusion I have mentioned these three main points, the health benefits of drinking water, why you should choose water of soda, and how you can increase your water intake.

2. I am not asking you to completely cut out soda, but I am asking you to make that commitment to drinking more water and keeping yourself hydrated. If you are thirsty for a healthier body, start with a glass of water.

3. (take another drink of water) thank you.

Sources:

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