

Importance of exercising over dietary pills

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Topic: Importance of Exercising Over Dietary Pills

General Purpose: To persuade

Specific Purpose: after listening to this speech, the audience will prefer physical exercises to dietary pills for their healthcare management

I. Attention

A. Attention getter- according to the National Center for Complementary and Alternative Medicine, some dietary supplements may serious medical problems if not carefully evaluated before use.

B. Credentials- many people have realized that physical exercises have extra benefits when compared with dietary pills

C. Thesis- today, I will highlight the importance of using physical exercises as the best option in healthcare management

D. Preview- I will discuss why healthcare management using physical exercises is the best method over use of dietary pills

Transition- First, you must understand the negative impact of dietary pills

II. Need

A. The U. S. Food and Drug Administration (FDA) regulations on dietary supplements are less strict compared to those applied on medication hence creating a loophole for unscrupulous dealers to make money while posing serious health effects to the users (National Center for Complementary and Alternative Medicine 1).

Transition- As evidenced above, dietary supplements may cause serious health effects on human beings if not carefully used. However, there is a simple solution to the problem

III. Satisfaction

A. Many people have always pointed out on the importance of physical
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exercises in healthcare management. Physical exercises help to combat some health conditions and diseases. According to the Harvard School of Public Health, physical exercises help to reduce the chances of getting heart diseases, certain types of cancer and osteoporosis (1). Therefore, implementing physical exercises will have several advantages to people as opposed to the use of dietary pills.

IV. Visualization

A. Implementing the use of physical exercises as the most preferred medical care alternative will generate many benefits to people.

i. Physical exercises will reduce the extra costs incurred in purchasing expensive dietary pills

ii. Physical exercises have additional benefits such as improving personal moods and promoting better sleep, which is not the case with dietary pills.

B. Think about a healthy population without incurring excessive medical care expenditures. According to Mayo Foundation for Medical Education and Research, healthcare benefits associated with physical exercises are hard to ignore (1). This has several implications both nationally and at individual level

i. The national expenditure on medical expenses is drastically reduced

ii. National gross domestic product (GDP) is improved due to availability of healthy work force.

iii. People will have less stress associated with health poor conditions

V. Action/ Appeal

A. Review- now you understand the importance of physical exercises in personal healthcare management. In addition, you also understand the limitations associated to the use of dietary pills

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B. Closing statement- Therefore, I challenge all the listeners to consider using physical exercises as their healthcare management plan. This way, extra expenditure on medical costs and purchase of expensive dietary pills will be reduced significantly.

Works Cited

Harvard School of Public Health. The Benefits of Physical Activity. n. d. 15 Jul 2014.< [http://www. hsph. harvard. edu/nutritionsource/staying-active-full-story/](http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/) >.

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