

Associate program material

Health & Medicine, Obesity



**ASSIGN
BUSTER**

Associate Program Material Appendix F Outline and Thesis Statement Guide

What is your thesis statement? While both running on a treadmill and running outdoors are beneficial for a healthy lifestyle, there are factors that may affect the overall outcome of where you decide to exercise.

I. Buying a treadmill can be very expensive, running outdoors is cost effective.

II. The technology of treadmills versus running outdoors.

- a. Cost of Treadmills can range up to thousands of dollars compared to running out door for free in the fresh air
- i. Treadmills can be conveniently used indoors if space is available
- ii. Running outdoors is a great way to run, jog or run on a trail or park

b. Treadmills give you the freedom to exercise without worrying about the weather

- i. Treadmills may cause storage problems
- ii. Running outside gives you the freedom not to worry about expense or storage

III. Treadmill running and running out door are not quite the same

- a. Running on a treadmill is easier than running outdoor
- i. Treadmills have belt assisted power to pace yourself
- ii. Treadmills give you the ability to run faster

b. Running outdoors allows you to run with freedom

- i. You breathe fresh air and enjoy mother nature
- ii. You can walk, jog or run on a park, beach, trail or street

IV. Treadmills and outdoor areas both provide workable running options

- a. Treadmills are in a controlled environment
- i. Takes away the unpredictable variables you face outdoor
- ii. Privacy is also available if the person does not want to be watched

b. Running outdoor may encounter some safety issues

- i. Afraid of being mugged or attacked
- ii. Potential danger if isolated

V. Treadmills help keep better track and progress of calories loss, fat burned, etc. compared to Outdoor running

- a. Treadmills offer computerized programs to track workout routines
- i. You have the exact methods of measurement for

each factor ii. You can set a variety of workout to track weight loss and calorie count b. Running outdoors can be difficult to measure exact progress i. Inaccurate lap times and weather conditions ii. Surfaces can cause more harm than good when running outdoors VI. Treadmill running and outdoor running are not quite the same. There are many variables and factors that can either benefit or harm you. Yet both options provide calorie burning exercises that will no matter what will eventually benefit your health status.