

Gym culture

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IntroAttention Getter: By a show of hands who likes to go to work out?

Background & Audience Relevance: Gymculturehas been around for a long time but it has recently been growing and more and more people have begun to go and get healthy.

Speaker Credibility: I have been going to the gym for a couple years now and I have done my own research on gym culture.

Thesis: In my speech, we will be discussing what gym culture means to me and what it could possibly mean to you.

Preview of Main Points: First I will be discussing how my object is part of my culture, second the important values it has, and third how I identify with it.

II. Body Main Point 1: To begin, I am going to talk about how this object is used in a way for me to relievestressand anger.

Sub-point A: Being a full time student and working part time can be very stressful to me as I'm sure it is the same for a lot of college students, but finding at least an hour to an hour and a half to go to the gym or even working out from home can be such a helpful stress reliever. This is because it helps get me out of their my little stress filled bubble and pretty much let loose.

Sub-point B: not only is it a good way to relieve stress but also anger. I know that working in a fast food or retail job can cause a lot of tension and anger especially with the customers, coworkers, and even managers. Of course we are forced to keep it all in because we need this job to put ourselves through

school and buy our own personal treats. Well going to the gym is a very good way to take out that anger by pushing yourself hard in that workout.

Transition between Main Points: Now that I have talked about how this object is a way to relieve stress and anger next I will be talking about how it represents my values.

Main Point 2: going to the gym is not only about relieving stress and anger but also and about being healthy and motivated.

Sub-point A: In my opinion going to the gym or being a fit person does not mean that you have to have a six pack or extremely muscular arms or legs. More so it just means that you are feeling good about yourself and being healthy. Since I have started going to the gym I am feeling much healthier and I am not doing crazy diets, but am cutting back on some foods and learning to eat better.

Sub-point B: It also helps with being motivated because slowly but surely you begin to see results which gives me confidence and keeps motivating me to keep going and bettering myself. Transition between Main Points: having discussed how I value going to the gym, I will now tell you how I identify with this culture.

Main Point 3: Influencing myself and other people to come to the gym or work out in general is one way I identify myself with this culture. Another could be the way I can dress to go to the gym a. k. a the fashion.

Sub-point A: going to the gym helps me feel like a good influence to myself and others like my work out partners because I believe I am encouraging
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them to keep going and feeling healthy and fit because sometimes they do not want to go workout but I convince them to come with me and sometimes it is the other way around, but in the end we help each other to push ourselves in working out and bettering themselves.

Sub-point B: When one starts going to the gym we see that there are many types of way people dress and we start looking for which fashion better suits us and makes us feel comfortable. There is no right or wrong way to dress for the gym it's just how you feel when wearing a certain outfit. I know that I enjoy my leggings and big baggy shirts because I feel extremely comfortable, but someone else could feel different about that outfit.

III. Conclusion Signal and Review of Main Points: Having discussed how this object is part of this culture, how it represents my values, and how I identify with it you now know what this culture means to me.

Recap Thesis: I have now explained what gym culture is to me.

Memorable Closer: Remember being healthy and fit doesn't mean you have to be super skinny or muscular it is just about feeling better and more confident in your own body.