

I. Introduction

A. Attention-getter:

- Dr. David Katz, the author of the new book *Disease Proof: The Remarkable Truth About What Makes Us Well*. “If you think about the issues that prevail today, they are related to eating too much of all the wrong foods, getting far too little physical activity, toxins we’ve invented like tobacco, inadequate sleep and strained social bonds”
- Research has shown that exercise may be equally as effective as certain prescription medications, so, why are doctors so eager to prescribe medication over exercise?
- According to Centers for Disease Control and Prevention, “In 2010, about one in three adults (32.4%) who had seen a physician or other health professional in the past 12 months had been advised to begin or continue to do exercise or physical activity.

B. Ethos

- Coming from an exercise science major and an athlete that has a strong passion for health and fitness I would highly recommend that the...

C. Thesis:

- People that are on the verge of developing a diet related condition (Hypertension, high cholesterol, type 2 diabetes, and obesity) should be looking for the root of the problem and asking for suggestions on exercise, nutrition, and hydration instead of searching for the “magic” pill that covers up the problem.

D. Preview

II. Main Point/Reason 1 (Sensible lifestyle changes can prevent a problem and if medication is a must, it can enhance the effectiveness of medications)

- According to Public Citizen’s Health Research Group, “Research has shown that many doctors are too quick to pull the prescription trigger.”
- Evidence shows that the onset of cardiovascular diseases can be reduced by 80% just by making sensible lifestyle changes!
- Eating a better diet, regular physical activity, managing stress, avoiding tobacco smoke, and limiting alcohol should be part of your plan towards better health.

III. Main Point/ Reason 2 (Medications have side-effects).

- According to Rx Verify, “Over three billion prescriptions filled annually.”
- According to WebMD.com, “In 2010, the cost of cardiovascular disease in the U.S. was about \$444 billion.”
- Medication is expensive
- Common side effects include: depression, asthma symptoms, insomnia, sleep problems, tiredness, dizziness, cough, upset stomach, nausea, constipation/diarrhea, headache, ankle swelling, vision problems, muscle or joint pain, sore throat, sinus problems, heartburn.
- Treating with medications can address the symptoms but they do nothing to change the cause that drives the disease.

IV. Main Point/ Reason 3 (Exercise has significant benefits)

- Protects you from developing heart disease and stroke, high blood pressure, diabetes, osteoporosis, improves cognitive function, improves mood and relieves symptoms of depression, prevents weight gain, and improves sleep.

- According to the American College of Sports Medicine, “Evidence continues to accumulate that supports the inverse relationship between physical activity and cardiovascular disease, hypertension, stroke, osteoporosis, type 2 diabetes, obesity, colon cancer, breast cancer, anxiety, and depression.”

V. Conclusion (Safer alternatives) (What we can do)

- In some situations, lifestyle changes alone aren't enough so medications should be used in combination with lifestyle changes.
- Ask your doctor about lifestyle changes and more education on exercise and nutrition.
- The lifestyles you choose today will affect you 15 years from now. You're in charge.