

## **Informative Speech Outline Example - Eating Healthily With A Busy Lifestyle**

Purpose: To inform the audience how to eat healthily on the run

Introduction:

How many of you want to be healthy? How many of you find it a challenge to eat healthily because you are always running somewhere such as from work to school or from school to another activity? Most of us are. Today we will discuss ways you can incorporate healthy eating into your lifestyle even if you are always on the go. Packing a lunch, choosing restaurants wisely, and keeping nutritious snacks on hand are a just a few of the ways you can still manage to eat something decent while maintaining a hectic pace.

Body:

- I. Want healthy choices, pack your lunch
  - A. Can choose healthier options than if eating out
  - B. Usually less expensive than eating out
  - C. Many convenient options available
    1. Pre-cooked, pre-cut chicken, turkey, etc.
    2. Fruit cups, apple sauce, etc.
    3. Pre-cut veggies
  - D. Can prepare the night before for convenience so easy to eat healthy
  - E. Microwaveable frozen healthy dinners are another option
    1. Lean Cuisine
    2. Healthy Choice
- II. Choose wisely if eating out
  - A. Many restaurants (both fast-food and others) incorporating healthier choices into their menus

\*With thanks to Georgia Highland College - <http://www.highlands.edu/dpergrem/outlineexample.htm>

1. Salads
  2. Baked or grilled entrees
  3. Low-carb options
  4. Fruits and yogurts
- B. You can make choices that are healthier
1. Ask them to hold the mayo and other fattening sauces
  2. Choose broiled or grilled instead of fried
  3. Leave off the French-fries
- C. Some restaurants geared toward healthy eating
1. Subway
  2. Sweet Tomatoes
- III. Keep healthy snacks easily accessible to stave off hunger
- A. Fruit
  - B. Yogurt smoothies (also a good breakfast on the go)
  - C. Whole grain cereal bars
  - D. Water – lots of it

#### Conclusion:

Today we have looked at various options for eating healthy on the go. We have learned how packing a lunch, choosing a restaurant and entrée wisely, and keeping nutritious snacks on hand can all contribute to better eating habits even with a busy lifestyle. So the next time you think about heading to the drive-through to order that burger and fries consider this: with just a little planning you can enjoy a meal that's delicious AND healthy so that YOU don't end up super-sized.

## **Persuasive Speech Outline Example - You Should Watch PBS**

**Purpose:** To persuade the audience to take advantage of the wealth of information and entertainment available on PBS.

**Introduction:** Last night I saw three of the best movies. They were chock full of hot illicit sex, mystery and intrigue, and science fiction-like scenarios and gadgets. No, I didn't check out the latest hits at my local theater, go to Blockbuster or even tune in to cable. I saw it ALL on public television.

I only had to flip to *Documentary- The Making of the Kinsey Sexuality Report, Secrets of the Dead* and *Nova* - - all on PBS - - to get my quota of entertainment for the evening and the amazing thing is I actually learned in the process.

Today I will tell you a little bit about PBS, why it's a good thing and why YOU should be watching

**Body:**

### **I. About PBS**

- A. What is PBS (public broadcast system)
  
- B. History of PBS

### **II. Benefits of PBS**

- A. Wide array of adult programming including:
  - 1. Scientific programming
  - 2. Historical documentaries
  - 3. Nature documentaries
  - 4. Educational programming such as home and garden, cooking, woodworking, etc.
  - 5. Entertainment such as mystery theater, Britcoms, etc.
  - 6. Business, news and politics

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### 7. Inspirational programming

- B. Wide array of quality educational children's programming
- C. No commercials
- D. Well-researched valuable programs (as opposed to the trash on network TV)
- E. Balanced perspective
- F. Free (as opposed to premium cable channels)

### III. YOU should be watching PBS

- A. Highly entertaining, not stodgy as some think (example: Mystery Theater features great "who-done-its," while many of the Britcoms are quite risqué and significantly more explicit than sitcoms on American TV)
- B. Programming offers built in plot (example: many historical events were embroiled in scandal like the Kinsey Report and the carbon dating of the shroud of Turin. Watching how these events unfold is incredibly interesting)
- C. Learn while you relax watching TV (example: Georgia Outdoors demonstrates activities available in the state of Georgia which are close to home and can be enjoyed for little or no money. Scenery is attractive and relaxing)
- D. Watching these types of programs makes you better educated and more well-rounded individual. (example: in this case watching TV actually *improves* you instead of wasting your time, i.e. watching Scientific American stimulates your mind while it entertains you)

### Conclusion:

Today we have talked about PBS and how watching PBS can entertain you, relax you, educate you, inspire you, pique your curiosity, broaden your horizons and expand the minds of you and your children, for free, all from the commercial-less comfort of your own living room. What's not to like? So the next time you find yourself mindlessly flipping channels and complaining because there's nothing on TV, tune in to PBS and prepare to be amazed.