

How Often do you Exercise?

Persuasive essay

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How Often do you exercise?

Have you ever thought about exercising? People attempt to exercising on a regular basis, but tend to have an excuse not to do it. They either don't make time, get lazy, or lose motivation to continue. This topic will indicate how often people on Saipan work out. It will show what types of exercises they do and what keeps them motivated in the process. This is a proposal of why this topic best fits me for my research project. This essay will persuade on why I should be doing this topic.

The topic that I chose is a really good one due to it relating to my everyday life. I have have peers that I could experiment with and it would help me collect data. This topic is interesting because I really want to get in depth with how people stay fit on Saipan. Do they go running on a daily basis? Do they go to the gym to do weight training? What motivates them to actually exercise? I feel like I can go in depth with this topic. I love doing hands on activities which makes this project enjoyable.

Next I'll be talking about the 5 literature sources that could help support my research project. I'll be referring to the EN202 textbook to properly structure my research project. I have

3 articles that I would be referring to. 1 article explains how often we should be exercising and how we could benefit from it. My second article I'll be comparing people from stateside with their database with my 3rd article that has a database with people on Saipan. I could email the writer from the articles I have for my Letters to Experts. And I could email personal trainers that are here on island.. I will be sending out a survey out via online to collect as much data as possible with the help of Survey Monkey. I will be interviewing one individual that exercises on a daily basis and one that doesn't.

Time management plays a key role in this research project. Considering the lack of time that is available to me during this accelerated semester, I will have to pay close attention to my current schedule and what I will be adding on to it with respect to this research project. I have classes from Tuesday to Thursday. Tuesday and Thursday consists of 3 classes while on Wednesday I have only 1 class. I work 5 days a week and I usually working at 5:30 am shifts that usually ends either at 11:30 am or 3:00pm. Coming back from Military Duty, between April 22-April 24, I had to find my articles that would best support my research topic. From April 25-May 8, I'll be using that time to collect data from my articles and the surveys I'll be sending out. May 8-May 15 I'll be using that time to be sending out my Letters to Experts and will be doing my interviews on the 2 individuals. I'll be keeping track of my essays by using our moodles. I do have a checklist on my laptop that reminds me of what needs to be done. I will also be using the syllabus as well that indicates what is going on throughout the semester and when will things be due.

How do people often exercise is a great topic for myself to do for this research project. It correlates with my hobbies. I have my 5 literatures, Letters to Experts, surveys, interviews, and emails to personal trainers on island. I have my my schedule set for what needs to be done and when it should be done.

References

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