

# ARGUMENTATIVE ESSAY OUTLINE: EXAMPLE

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## INTRODUCTION

- a. Overview of yoga as a form of exercise
- b. Yoga is the best form of exercise

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## BODY PARAGRAPH ONE:

Argument 1: Yoga is good for the mind  
Supporting fact 1: Taking part in yoga helps you relax (cite evidence)  
Supporting fact 2: Yoga involves breathing techniques that have been proven to reduce stress (cite evidence)  
Yoga is good for the mind because it is proven to help people relax and reduce stress.

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## BODY PARAGRAPH TWO:

Argument 2: Yoga is good for the body  
Supporting fact 1: Yoga improves strength, balance and flexibility (cite evidence)  
Supporting fact 2: Yoga improves posture (cite evidence)  
Supporting fact 3: Yoga benefits heart health (cite evidence)  
Yoga is good for the body because it is proven to improve strength, balance, and flexibility; it improves posture; and it benefits heart health.

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## BODY PARAGRAPH FOUR:

- Yoga can do more harm than good if not practised properly.
- Attending yoga classes led by experienced teachers will help to avoid this issue. Many conditions are aided by yoga. It has been shown to help with PMS, back and neck pain, depression, diabetes, fibromyalgia, and cancer recovery, among others.

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## BODY PARAGRAPH FOUR:

- Yoga is too easy to provide a decent workout.
- Yoga can be challenging for people of all fitness levels. More intense forms of yoga are available including vinyasa, power yoga, hot yoga, and Ashtanga.

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## CONCLUSION:

Yoga is an excellent way of working out that can have positive impacts on people's physical and mental health. Provided it is practised under the guidance of an expert, it can provide people of all fitness levels with a safe and effective form of exercise.