

This handout should be used in conjunction with the “More Outlines 2” audio podcast.

If you have not listened to and completed the “Outline” podcast, you will want to do that first. This handout and the supplemental audio podcast are additional practice in outlining. The explanation on outlining is given in the “Outline” podcast.

Additional podcasts containing outline examples will become available. The passages will become increasingly difficult as will the outlines as the numbers increase.

Practice

This practice example is discussed on the podcast. Try it on your own before listening to the explanation.

¹Julie was very upset. Her doctor had just called to tell her the blood work results came back, and it wasn't good news. Julie's cholesterol level was too high. She needed to start eating right and exercising more. Julie threw her hands up in the air. “I eat more than the recommended number of vegetables and fruits and go to the gym five times a week. How much more can I do?”

²We all may feel there is nothing more we can do to improve our health, but there are actually some fun and easy ways researchers have discovered that can help us improve our health. The February 2010 issue of *Parenting* magazine had three suggestions to improve one's health.

³According to research conducted at Loma Linda University, looking forward to watching a funny movie can drop the stress level hormones by 70% (22). Stress hormones cause additional wear and tear on the heart, making it more difficult for the heart to do its job. If just thinking about watching Steve Martin in *The Jerk* can get your stress hormones down, just imagine what indulging in the one and a half hour laugh fest will do for your heart.

⁴Envisioning doing dynamic exercises for 15 minutes a day, 5 days a week actually strengthens the muscles thought about by as much as 15% according to a Cleveland Clinic Foundation study (22). Just as in actual exercising, the stronger the signal the more benefit to the body. Any exercising helps your muscles become stronger. The result is: the heart does not need to work as hard when demands are put on it. This means the heart rate and blood pressure will not rise as quickly. So go ahead, visualize yourself doing sit-ups in the slow lane and enjoy that imaginary run through the park while sitting in a traffic jam. Your heart will thank you.

⁵One more way to improve the heart's health is to eat, fish that is. The omega-3 fatty acids found in fish can lower blood pressure, strengthen the cardiovascular system and make the heart work more efficiently (22). Eating fish or taking fish oil supplements are the best ways to get the 500 milligrams of the fatty acids doctors recommend.

⁶Take the day's challenge, drive to the grocery store while you envision yourself following Jillian Michael's *Biggest Loser* routine. Then, grab some salmon or oysters and pick up the newest comedy in the big red box. Your heart will thank you!

-“Heart Smarts.” *Parenting* Feb. 2010: 22. Print.

Your Outline:

Answers:

Remember, your answers do not need to be word-for-word the answers below. Specifically, the wording of your main idea may be different, but it should always include the topic and be completely supported by the major details.

Ways to improve health

There are three fun and easy ways to improve one's health.

- Think about watching a funny movie
 - Decreases stress hormone which is bad for heart
- Think about exercising
 - Strengthens muscles – heart rate and blood pressure won't increase as much with demands on the heart
- Eat fish-Omega-3 fatty acids
 - lowers blood pressure,
 - strengthens cardiovascular system
 - makes heart works more efficiently