

Your Name

Your Instructor's Name

English Composition 1101

Date

Outline

Thesis Statement: As people join the quest for physical fitness, the health clubs, the fashion industry, and the health food industry are all booming.

I. The popularity of health clubs is expanding as people want to become more physically fit.

A. Women as well as men are becoming involved.

B. Many celebrities are endorsing health clubs.

II. Not only do people want to be physically fit, they want to associate themselves with fitness in the way they dress.

A. Workout clothes are worn in streets, shopping, and socializing.

B. There are many types of specialized sneakers.

III. People also are more concerned about eating healthy.

A. Health food is appearing in supermarkets.

B. There are many health food options in restaurants

Concluding statement – The physical fitness revolution has expanded the health club, fashion, and health food industries.

Notes:

1. the thesis statement is a statement, not a question.
2. there is a paragraph in the body for each of the points in the thesis in the same order
3. what you intend to include as background information before the thesis is not part of the outline.
4. the traditional outline does not call for a Concluding Statement, so your instructor may not want one included. However, it is helpful to be reminded that the last paragraph should simply sum up the proof and restate the thesis, thereby reinforcing proving your thesis.
5. new information should not be part of the concluding paragraph.