SPEECH **PURPOSE** STATEMENTS

Three excellent reasons to exercise on a regular basis include improved health, better body image, and weight control.

Because of the strength, the stamina, and the rigorous technique involved, ballet is both a beautiful art and a rigorous athletic activity.

Self defense is good for students of all ages because it instills confidence, provides physical conditioning, and improves self control.

As our population continues to grow and live longer, nursing is an excellent profession because it provides numerous employment opportunities, allows for flexible schedules, and affords good pay and benefits.