**### Introduction: Topic**

Good evening, everyone! I am pleased to see all of you today. (paused) Let me begin today by asking you a question. How many of you want to lose weight or gain muscles? How many of you want to live a healthy life? My name is Feichao. I am a software engineer who is dedicated to help people live a healthy life. Last summer, I made my body fat lower than 10 percentages. Exercise makes me feel more confident and healthy. Today, I would like to share my experience about exercise. Please reserve any questions for the end of my presentation. Thank you!

**### Solution**

The key is to Eat healthier and exercise regularly. My solution is pretty easy. Just make a plan and stick to it.

The best way to improve your overall fitness level is to combine nutrition and exercise efforts. Even though these may not be tailored to you specifically I wanted to share some examples that will get you thinking and headed in the right direction.

Nutrition is by far the greatest variable when it comes to achieving your fitness goals whether that be to lose weight, gain weight, add muscle, or drop body fat percentage. If there's one thing you could do right and focus most of your energy on, it would be nutrition.

What I am about to show you is a basic 2000 calorie meal plan.  This meal plan isn’t tailored for anyone specific, more to just give you an example, and get you headed in the right direction.  (show the picture)

And here is an example 4-day training split that hits every muscle group in the body. (show the picture)

**### Counterargument #1 Time**

You may be concerned that you have too much homework and do not have spare time to exercise or prepare healthy food. Yes, I agree. College students often have very strict study schedule.

If you're short on time you have to be efficient with your workouts, get the most out of each minute. You don't need to spend hours at the gym to see results. You can get a complete workout in just under 30 minutes. You just have to keep the intensity up and make sure to take as few breaks as possible.

**### Counterargument #2 It is hard to persevere**

You may also think it is hard to persevere. I have to suggestions to help you stick to your plan. First, make your exercise as your daily routine or habit. Research shows that if you keep doing one thing for 21 days, it will become your habit. Then, exercise will be pretty easy for you. Another method is to find a partner to exercise with you so that you can encourage each other and help each other.

**### Better Solution**

Finding a coach or taking a fitness class is a better solution to keep you on the right direction. Joining an active group or team gives you the opportunity to exercise in a fun, social environment. You will meet and spend time with people who are similarly passionate about the same activity as you. Teammates are people who can become good friends and help your social life as you go through college together. In this way, you can improve your social life and keep your weight healthy.

**### Conclusion**

Exercise Stimulates Brain Cell Development. Exercise Improves Memory Retention. Exercise Increases Focus and Concentration. Exercise Boosts Mood. Exercise Relieves Stress. So make time for exercise. Choose an activity you love that gets your heart rate up, whether it’s hiking, running, or dancing, and put it on your schedule the way you would any other appointment or class for at least three 30-minute sessions a week. You’ll soon be reaping the benefits that exercise offers the scholar: a sound mind in a healthy body.

To summarize -

**Eat lean, Train mean** :)