**### 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 live a healthy life? How many of you want to lose weight or gain muscles? My name is Feichao. I am a software engineer who is dedicated to help people live a healthy life. Last summer, I decreased 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 idea is to Eat healthier and exercise regularly. Yeah, it is a general suggestion. To be more specific, make a plan and stick to it.

The best way to improve your overall fitness level is to combine nutrition and exercise efforts.

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)

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 only one thing you could do right and focus most of your energy on, it would be nutrition.

You can see from the picture that ideally you should have 5 meals every day. The basic idea is to eat small meals. The best strategy is to have a meal every 3 hours. Don’t let yourself feel hungry. Once you feel hungry, get yourself some food to eat. Don’t eat too much every time.

And here is an example 4-day training split that hits every muscle group in the body. (show the picture). Exercise three or four times per week is enough. A plan like this one can help you track your training and avoid overtraining. It will make your training more efficient.

**### 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. And this is the most common excuse people used. But please remember some who is busier than you is running right now. If you don’t have time, just make time to exercise.

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 Calculate calories & make plan**

Now, you may concern that I have no idea about how many calories I take in when I eat. And I also don’t know what kind of training plan fits me. Don’t worry. Leave these trivial to our software. Once you install our APP, just input your height, weight and your objective. Our APP will produce a basic training plan for you. Then, you can modify it based on your own preference. About how to calculate calories, you can just take a picture of what you eat, our App will show you how many calories you will take in. Sounds pretty easy, right? All you need to do is to take a picture and input some numbers. Our App will take care of the rest.

**### Counterargument #3 It is hard to persevere**

You may also think it is hard to persevere. I have two 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 solution is to find a partner to exercise with you so that you can encourage each other and help each other. Our software can help you make connections with other people and help your find your partner who shares the same interests with you.

**### Conclusion**

Let me remind you of the benefit of exercise. 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** :)