

Title: Exercise Brings Many Rewards

I. Introduction:

A. Opening/Background Statements

B. Thesis Statement and First Point or Category

C. Supporting Details of First Point or Category

II. Body Paragraph I:

A. Topic Sentence

B. Supporting Details

C. Concluding Comment

III. Body Paragraph II:

A. Topic Sentence

B. Supporting Details

C. Concluding Comment

IV. Body Paragraph III:

A. Topic Sentence

B. Supporting Details

C. Concluding Comment

V. Conclusion:

A. Restate thesis statement

B. Reflect on the initial purpose

C. Concluding remarks
