Exercising With Dance Dance Revolution

I. **ATTENTION-GETTER:** Monday night rolls around. You’re hungry and you look in your refrigerator and find nothing except some leftover fried chicken. That’s dinner right there. Tuesday comes and this time you know there isn’t anything to eat. So you order pizza. Wednesday and it’s from a local fast food chain. Thursday, maybe takeout from your favorite local restaurant. Now, what do you notice about this scenario? The food choice is the answer. So many foods to chose from, but are they really that healthy for you?

II. **SHOWING THE NEED: THE PROBLEM**

   A. **Problem Thesis Statement:** I feel that with so many choices of food today, obesity in America is definitely on the rise.

   B. **Overview:** First, I’m going to discuss exactly how obesity is acquired. Then, I’m going to talk about the United States as a whole towards the issue of it. And finally, I’m going to address the unfortunate circumstances with a lifestyle of obesity.

   **Transition:** So let’s get started.

C. **Evidence:**

   A. Obesity as many of us know is a growing issue in public health.

   B. A person’s lifestyle is a key component for someone who is obese.

      i) A survey was given to a group of participants who had a sedentary lifestyle (sitting in front of the TV.). Those who sit in front of the television for more than 5 hours a day are more likely to become obese than those that watch 1 or 2 hours as stated by procor.org.

   C. Food is another factor towards being obese.

      Convenient food doesn’t always mean that it is a healthy food.

      i) As stated earlier, fast food chains and the revolution of television have changed society’s view on health.

         a) In one example, Chili’s is known for their curb-side to go order and their famous
“Awesome Blossom”. Looks good, doesn’t it? However, according to menshealth.com, this appetizer ranks number 2 as the worst food in America.

1) 2,710 calories
2) 203 g fat, 194 g carbs
3) 6,360 mg sodium

b) If someone eats one of these, that’s pretty much your meal for the entire day.

**Transition:** So now that you know how obesity is acquired, let’s move on to the population of the United States.

1. Obesity is a huge epidemic here in the United States.
   A. Over the past two decades, our society had changes made to our diets and our weight.
      i) Based on a nation survey done by surgeoneneral.gov between 1988 and 1994, for all racial and ethnic groups combined, women of lower socioeconomic status are approximately 50% more likely to be obese than those of higher socioeconomic status.
      ii) Now take a look at this chart courtesy of Dr. Marc Hellerstein of the University of Berkeley. As you can see by these three different years, the United States obesity trend is increasing over the years. The latest chart at the bottom shows the United States back in 2007 where 60% of the country is occupied by the 20% to 24% of the state’s population that are obese.
      iii) If trends like this continue, who knows what is in stored for us?

**Transition:** Now that we covered the epidemic of obesity in the United States, we can move to the consequences of obesity.

2. As a result of having obesity, these things are likely to occur:
   A. Diabetes (type 2) evolves from obesity.
   B. Cardio-vascular disease (CVD) will be at a great risk.
   C. Hypertension
   D. High Cholesterol
E. The list goes on and on.
F. About 6 months ago, I went in for my yearly check up and I was diagnosed for obesity. I weighed 225 lbs. (102.3 kg) with a height of 6’ (183 cm) and my body mass index (BMI) was 32. For those that don’t know, and ideal BMI for adults is 18.5 to 24.9. I was devastated to hear that. And to make matters worse, my doctor told me I had high cholesterol. I’m 21 years of age; I’m obese and have high cholesterol. I never would imagine that.

G. I knew then that I really needed to start exercising, and I made that my New Year’s resolution for 2009.

D. Meeting Objections: Some of you are probably saying I’m in good health. I keep in great shape and I exercise regularly. That’s great and good job, but maybe you have a family member, a close friend, or someone you love with obesity. This is a time to realize that there is still time to change them and lead them on a path towards healthier food choices and exercise.

Transition: And here’s the solution.

III. SATISFYING THE NEED: THE SOLUTION

A. Solution Thesis Statement: I propose that when people exercise to try Dance Dance Revolution as a workout.
B. Explain:
   1. I tried everything you can think of for exercising. Swimming, jogging, baseball, track, but it just didn’t seem as fun as others say.
      A. According to surveongeneral.gov, it is recommended that Americans accumulate at least 30 minutes (adults) of moderate physical activity most days of the week.
      B. And in that time frame, it just seemed like a chore to me. I just can’t keep going with that activity. Eventually, I gave it up.
   2. Finally, I came across Dance Dance Revolution. This game was not only fun, but I was really feeling like I was getting a good workout. And my girlfriend introduced it to me.
      A. For those of you that don’t know what Dance Dance Revolution is, you have these pads that correspond to
the arrows on the screen. This is a game where you use your feet to the rhythm of the music.

B. Going back to the game, there is a workout mode for those who want to lose weight.
   i) In that mode, there are settings that you can see, how much steps you have done. Or the miles that you jogged. The distance that you swam and even the calories that you burn.

C. Once I got going, I just couldn’t stop. The music and the coordination of the arrows was just so much fun. And at the same time, I was sweating and really getting the burn. Plus, it’s a game and I’m a gamer! That was the best part I liked.

C. It has worked:
   1. According to a testimony by Maureen Byrne from the New York Times, “My oldest son, Sean, used to have love handles; he was kind of pudgy, and I’ll be honest: we were worried about it,” she said. “We had heard of D.D.R., and I got it for him for his birthday. We put limits on the other video games he plays, but we told him he could play D.D.R. as much as he wanted. And now it’s like he’s a different kid. He’s playing sports and running, and we see D.D.R. as like his bridge to a more active lifestyle.”
   2. In addition, I can personally say that Dance Dance Revolution does in fact work.
      i) The past three months of exercising with DDR for four times a week with a healthy diet, I lost 14 lbs (6.3 kg). I lowered my cholesterol by 10 points as well as my BMI to 30.

D. Meeting Objections: You’re probably saying to yourself, I got a good workout down and I enjoy it. Once again, that’s great. I’m glad you found a workout that you enjoy doing.
   1. But if you’re open and willing to try new things, give Dance Dance Revolution a chance. It’s not going to get you toned and build muscles. But like many people that do exercise, you are going to lose weight.

IV. THEN VISUALIZING THE RESULTS: Imagine, a couple months of doing Dance Dance Revolution as a workout. You feel great. You are able to perform grueling task with a lot more stamina than before. And when it’s time to hit the club and you’re on that dance floor, you got the
moves. You shake it and the crowd surrounds you. Future generations also will be healthier and great dancers.

V. CALL FOR ACTION!

1. Now here’s what you can do. Go out and exercise with Dance Dance Revolution.
   
i) If you have friend that has it, invite yourself over so you two can compete against each other.

   ii) They have these in the arcade, so you can always get a good workout at the mall in addition to walking. Any place that has an arcade will have Dance Dance Revolution.

   iii) And of course, you can always buy it and use it at home with the Xbox 360 or PS2 and recently the Nintendo Wii. E-bay sells them for pretty cheap, amazon.com, and gamestop.com.

VI. Finality: In closing, I would like to leave you with a quote by Dave Barry, who I assume is some kind of dancer.

A. “Nobody cares if you can’t dance well. Just get up and dance.”
Bibliography


Hellerstein, Marc K. "NST 160 Epidemic of Obesity: Fitness/Fatness issue."