Introduction/Artist statement

Look back to your childhood. Can you remember a time when someone taught you a specific value? If so, do you still apply that value to your daily life? It seems that some of the most important lessons that we carry on with us were brought to our attention at a young age. When I was 6 years old, the sport of wrestling was blessed upon me. This sport taught me how to be more in tune with my body than I ever could have imagined. I was shown through athletics how to correctly take care of myself in order to strive up to my full potential. I have been shaped by this amazing sport in more ways than one.

The most important lesson that was ever taught to me through the sport of wrestling was how to correctly feed myself based off of the amount of physical activity I was going through. Being taught this skill through a program at such a young age gave me a large amount of opportunities to see the way my peers kept themselves healthy. As the years went by, I obtained a good idea about how correct diet was properly correlated with one's amount of exercise. I also witnessed a lot of individuals who seems like they didn't have the knowledge to understand the relation between nutrition and fitness. What I was seeing the most was athletes that would put way too much emphasis on the amount of exercise they were getting a day and would not eat correctly, or they would have an extremely healthy diet but be out of shape. Along with that, most of these kids thought they were correct when it came to their eating habits. Because this occurrence was so frequent, I began to ponder if the problem was occurring around me locally or if there was more to the story. When the opportunity came up to choose a
topic for an argument paper, I decided to see if I'd be able to choose a topic regarding the balance of diet and exercise.

The Argument at hand is that in order to correctly live a well rounded and healthy lifestyle, you have to be able to balance your diet with your exercise regimen. In order to most effectively organize my research and final stand on the matter, I have put together a portfolio that contains all of different pieces that went into creating this research argument.

The first piece of the project is my annotated bibliography (AB). What makes up the AB is a list of the 10 sources that I am using as a reference to fight my side of the argument. I have 5 peer reviewed sources that I obtain from Jstor.com, 3 of the sources are from various sites online. The 2 remaining of the sources are newspaper articles. The next piece in the portfolio is my online news article. This article is an informative paper that is written for a fictional newspaper. The article discusses how physical activity is not only beneficial to your body, but can also positively affect cognitive ability. I wrote this article to discuss one of the beneficial properties that comes with a proper diet and effect work-out method. I brainstormed this piece of writing because of a few sources I came across during my general research. I then conducted the research for the news article using the same methods that I applied to my overall research for the argument. The 3rd piece of work in the portfolio is my literature review. This essay reviews all of the sources that I used for my argument. In the essay there is also parts where connections and contrasts are pointed out between the different sources. The last piece of writing is my argument essay. This research paper is the main piece to layout the reasoning behind my argument. It is also the place where I have organized credible information to effectively persuade my audience to my side of the argument. The last piece of the portfolio is a short powerpoint that wraps up the topic at hand.
Being given the opportunity to apply my writing skills to a project such as this and getting the chance to see how much I am able to accomplish is truly an amazing sight. I have been opened up to a new level of writing since I started my college career. Overall, the english department at eastern has showed me my true potential as a writer. I am excited to use the skills I gained from completing this research argument to future projects to come.