

Structuring Body Paragraphs

- I. **Topic sentence:** Pulling from your brainstorm, state a specific claim or idea that you want to discuss. If you are not sure how to phrase it, simplify the concept by saying what you think.

Example: An active lifestyle is good for mental health.

- II. **Explain:** in two sentences or less, elaborate why you believe the topic statement is true.

Example: Exercise and physical activity are both known to jumpstart the happy chemical hormone reactions in the body.

- III. **Introduce the evidence:** In one to two sentences, bring in a quote, statistic, or another relevant fact that supports the stance that you have taken on the subject.

Example: In a research study conducted in 2017, the U.S. Department of Health reports that exercise is an effective way to combat clinical depression.

IV. **Elaborate:** in three sentences or more, explain in detail, what the evidence you used does, and how it influences, proves, or strengthens what your topic sentence states.

Example: Human being's hunter-gatherer evolutionary lifestyle is best equipped to deal with the stimulus of the world around it, by engaging in an active lifestyle. The research suggests that the emergence of sedentary life could potentially be a significant contributor to the hormone imbalances that modern Homo Sapiens face today.

V. **Close and Transition:** seal up this paragraph neatly by reminding us what you just proved & transitioning to the next topic sentence in the following body paragraph.

Example: Even though more research still needs to be done, one thing remains certain: the more a human being engages in an active lifestyle, the more that person reaps the benefits of a well balanced and happy life.

Deleting the outline skeleton easily transforms your organized thoughts into your paper's first working draft.

Example:

An active lifestyle is good for mental health. Exercise and physical activity are both known to jumpstart the happy chemical hormone reactions in the body. In a research study conducted in 2017, the U.S. Department of Health reports that exercise is an effective way to combat clinical depression. Scientist hypothesize that human's hunter-gatherer evolutionary lifestyle is best equipped to deal with the stimulus of the world by engaging in an active lifestyle. The research suggests that the emergence of sedentary life is a significant contributor to the hormone imbalances that modern Homo Sapiens face today. Even though more research still needs to be done, one thing remains certain: the more a human being engages in an active lifestyle, the more that person reaps the benefits of a well balanced and happy life.