Outline for Sample Essay for ENG 121

The Other Pay-offs of Biking

* **Introduction**: Anecdote about what lead to biking.

**Thesis Statement**: There are a number of other benefits to biking in addition to improved health.

* **Body Paragraph #1**: Thinking about where to start was a bit intimidating.
  1. Really expensive equipment I couldn’t afford
  2. Details about what I had to work with
  3. Why I had that stuff (to bike around town, etc.)
  4. How that was enough to get me started on a regular habit
* **Body Paragraph #2:** How to keep heart rate up for health benefits.
  1. I plotted out a route in my neighborhood
  2. Modified that route
  3. Setting on a route that gives me the time and impact I need for fitness
* **Body Paragraph #3**: Connection to my community.
  1. Story about helping the woman who fell
  2. The people who walk their dogs
  3. The monks
  4. Explain how all these people help add to the experience and show me about diversity
* **Body Paragraph #4**: Additional connection to my community.
  1. Description of streets
  2. Road safety concerns
  3. Speaking to city council
* **Conclusion**: It hasn’t taken much to become a “cyclist.”
  1. Summarize the bike and what I wear
  2. Restate benefits briefly
  3. Look ahead to possibilities