Speech #1 Outline

**By**

1. **Delbin Sanchez**

**COMM 120**

**Public Speaking 120 – Spring 2012**

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 Delbin Sanchez

**Title:** The Art of Proper Breathing

**Speaker:** Delbin Sanchez

**Thesis Statement:** People who breathe correctly known as “Diaphragm Breathers,” benefit themselves physically and mentally.

**Introduction:**

**Attention-getter:** Hello, My Name is Delbin Sanchez. Before letting you all know what the topic for this speech will be let me begin by telling you a story that changed my life. Four months ago I was suffering excruciating back pain. I would take multiple trips to the pharmacy to buy medicine that proved idle in my situation. I tried every drug possible. Emphasis on every drug. To answer the question you may all be having in your head at this very moment, “Yes, I did take a hit of Tylenol.” I remember coming home one day. I was getting ready to take my pain medicine when my grandmother comes from around the corner and asks, “What wrong Delbin?” I said “I am not sure gam gam but I have been suffering from back pains for a while now?” I opened the bottle of Tylenol and just as I was getting ready to grab a pill my grandmother snapped and slapped the bottle away from my hands. She then proceeded to expound on her remedy for back pain. She claimed the problem was that I was not breathing right

**Establishment of Ethos:** I used to suffer from back pain due to improper breathing but that all changed once I reformed my breathing.

**Thematic Statement:** 80% of Americans are known “chest-breathers,” who are defined as those who do not breathe right.

**Preview:**

**First** we will begin by testing whether or not we are breathing right.

**Then** we will explore the benefits of proper breathing.

**And Finally** I will teach you all how to learn proper breathing techniques.

**(Transition)** I know what you are thinking. Is there a proper way to breathing and how can not breathing right affect your health? Let me answer that my friends.

**Body**

1. **Main Idea 1:** Let us begin by testing whether or not we are breathing right. First, place one hand on top of your chest and the other on top of your stomach. Now take a normal breathe. Please keep your eyes on your hands and note which one rises a bit higher. Most likely, the hand on your chest rose higher than the one on your stomach. If so, you are like 80% of Americans known as “chest breathers” who do not breathe right.
2. **Sub Point and/or supporting material:** Chest breathers use less than 20% of their lungs’ capacity which means that less oxygen enters the lungs, so the body is deprived of energy.
3. **Sub Point and/or supporting material:** In order to breathe right you have to learn how to use the muscle known as the diaphragm.
4. **Sub-subpoint:** The diaphragm is the strong sheet of muscle between the chest cavity and the stomach.
5. **Sub-subpoint:** For an example of how to breathe right look at a sleeping baby or a dog.

**(Internal Summary)** Before learning appropriate breathing techniques it is crucial to identify whether or not you are breathing right and what you are doing to hinder correct breathing.

**(Transition)** Now that you all know the benefits of proper breathing lets proceed to reforming your life.

1. **Main Idea 2:** Before I endeavor to show you all the proper technique of breathing right I would like to share the benefits.
2. **Sub Point and/or supporting material:** By learning the proper technique of breathing you can promote good mental and physical health even more so than diet or exercise.
3. **Sub-subpoint:** Breathing right has proven to lower blood pressure, increase blood circulation, reduce stress, increase concentration, assure an efficient digestive system, boost metabolism, promote weight loss, reduce back and neck pain, and improve sleep.

**(Internal Summary)** The benefits of breathing correctly are rarely addressed in our lives which is why it is my job today to share them with you.

**(Transition)** You might deem learning breathing techniques a waste of time but when faced with the health benefits of breathing right you will have to change your mind.

1. **Main Idea 3:** Now that that has been said lets strive to reach our lung’s full capacity by learning proper breathing Techniques.
2. **Sub Point and/or supporting material:** Remember the aim is to get your stomach to rise more than your chest as your diaphragm expands.
3. **Sub-subpoint:** In order for good breathing to take place we need good posture.
4. **Subpoint and/or supporting material:** People who are slouched, stooped, or slumped do not breathe efficiently.
5. **Sub-subpoint:** First, keep your spine straight and the crown of your head up.
6. **Sub-subpoint:** Next, focus on lifting your chest cavity. Like this...(I demonstrate)
7. **Sub-subpoint:** Finally, bring your shoulder blades on your back close together to open up your chest cavity, so it becomes ready to take in oxygen.

**(Internal Summary)** Keep in mind that “chest breathers,” use less than 20% of their lungs full capacity and so reaching our lungs full capacity is the key to ending common ailments.

**(Transition)** Once your posture has been adjusted appropriately we can start breathing the right way.

1. **Main Idea 4:** Now that I have endeavored to teach you all good posture please breathe in slowly through your nose not your mouth.
2. **Subpoint and/or supporting material:** Focus on taking air into the base of your stomach first, then your middle chest, and lastly your upper chest.
3. **Subpoint and/or supporting material:** To feel whether or not you are doing this properly, place your hands at your ribs with your thumbs at the front and your fingers twisted round the back.
4. **Sub-subpoint:** As the airs fills your body, you should feel your stomach being pushed down and out.

**(Internal Summary)** The art of breathing should not be undermined but accepted and practiced daily now and forever.

**(Transition)** This brings me to the end of my didactic speech whose aim is to get you to change your life the way my grandma changed mine.

**Conclusion:**

1. **Summarize (overall theme):** If you suffer from ailments and want to alleviate yourself test your breathing it might be the solution.
2. **Review (each main point):**  First, check whether or not you are breathing right. Next, research the benefits of breathing right. Finally, reform your breathing by learning the proper techniques.
3. **Tie to the Introduction:** Although, my grandma scared me to pieces the day she snapped at me I am glad she did because she helped me realize the art of breathing. Thanks to her I no longer suffer from back pains and no longer have to take pharmaceuticals. Thank You gam gam and Thank You all for practicing correct breathing.
4. **Creative Concluding thought (end with impact):** Remember if you encounter problems during your day, give correct breathing a chance it might just be your panacea.