

Step C. Letter

Example

June 7, 2017

Councilman Vincent C. Gray
1350 Pennsylvania Ave NW, Suite 406
Washington, D.C. 20004

Dear Councilman Vincent Gray,

Hello and good day. My name is Sarah Markowitz. I am currently a twelfth grade student at Warwick Valley High School located in Warwick, New York. Over the past few months I have learned many things in the state-mandated Participation in Government course. As a concerned and engaged citizen from New York's 18th Congressional district I am writing you this letter. The purpose of my letter is because exercise should be required in the workforce. This document will discuss my research and address factual realities as well as elaborate how my law (ideas) will improve American society in the future.

As many people may be aware of, there is an obesity epidemic in the U.S. right now and it has been here for years. This epidemic is not only costing the government billions of dollars each year due to health care costs but it is also greatly reducing the productivity of businesses all across America each and every day. So, why hasn't curing and preventing obesity become a national priority? Obesity can be caused by a multitude of factors. The most notable, though, are individual and environmental factors (Center of Disease Control). Individual factors include dietary patterns and physical activity levels and environmental factors include the types of food eaten in each society along with the overall activity level of that community. The poor diets and physical inactivity of many communities across the country are causing people to become obese, which is the leading cause of death in America due to all of its negative impacts on the body (such as diabetes, heart disease, and cancer). What many people fail to realize (usually due to a lack of education on the subject of health and fitness) is that obesity and the life changing negative effects of it are quite easily avoided without medications or special treatments. A healthy diet and even some exercise can and does go a long way. While a healthy diet and exercise positively affects the physical body, such as losing body fat, many people may not know that it also has very many positive mental benefits. Scientists over the years have researched and found that exercise impacts the way we think. They have found that regular exercise helps improve concentration, sharpen memory, and lowers stress levels along with many other health benefits that can greatly improve a person's productivity in the workplace (Friedman). Another study conducted by the American College of Sports Medicine discovered that workers who exercised 30-60 minutes (the national daily recommended amount) after lunch experienced about a 15% performance boost in workers. Despite these findings, though, "...nearly 80 percent of American adults don't get the recommended amount of exercise each week." (Holmes). With all of this information in mind, I have created an idea for a law to which I feel is vitally necessary to boost the economy, ensure a better quality of life for many individuals and greatly decrease the national debt.

There are any number of reasons as to why a person does not exercise on a regular basis or at all. But I think many of us can agree that the most common excuse used is that the person "does not have the