



İngilizce

Sunum Yapmak

İngilizce Sunum Nasıl Yapılır?

Temel Formülü Bilmek

Böl ve Yönet



HÜSEYİNDEMİRTAŞ
İNGİLİZCE

Genel Taslak

- Giriş
- Sunum: Taslak/Bölümler

• Çıkış

HÜSEYİNDEMİRTAŞ
İNGİLİZCE

Introduction

Hi everyone, my name is Ali.

Welcome to my presentation. I am a prep student at

Bahçeşehir University. I will be studying engineering next
year.

Outline

Today I will talk about fitness.

First, I will explain why fitness is important. Then I will talk about the advantages and disadvantages of fitness.

After that, I will explain some of the misconceptions about fitness. Finally, I will explain the principles of good fitness.

Why?

Now, let's get started. Why do we need fitness?

We need fitness for a healthy and happy life. In modern life, people spend a lot of time in front of a screen.

People are not very active. They do not walk a lot. They prefer to drive instead of walking. Moreover, they eat a lot and gain weight and this is very bad for their health.

Advantages

Now I would like to talk about the advantages of fitness.

First of all, it makes people more active and energetic. If people do fitness, they will be more active in their lives.

Secondly, fitness helps people to lose weight and to gain power. Therefore, people who do fitness look better.

Fitness gives them self-confidence. Finally, fitness help people to stay healthy.

Disadvantages

Now I will talk about the disadvantages of fitness. There are not many disadvantages but there are some important points. If people do fitness without a trainer, they may hurt themselves or injure their body.

Misconceptions

In this part, I will talk about misconceptions on fitness.

Some people think that it may slow down physical development in children. However, this is not true. If

fitness is done properly, it will not have a bad effect.

Another important point is this! Most people think that fitness is about exercise but that is not completely true.

What people eat determines their fitness.

Principles

Finally, I will talk about the principles of good fitness.

People should do fitness 2 or 3 times a week with a

trainer. They should not lift too much weight. Most

importantly, they should pay attention to what they eat.

Ending Summary

That is all I wanted to say about fitness. I talked about the importance of fitness, its advantages and disadvantages. Finally, I explained the principles of good fitness.

Questions

Thank you for your attention. I hope you enjoyed my presentation.

If you have question you can ask your question now.



Hüseyin Demirtaş ile İngilizce



Abone ol!