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**UNIT 1 Discourse Community Essay**

Everyone in this world is associated with a discourse community and either knows, or it is still unknown, or it is still unknown to them. A discourse community is “A collection of people or groups that work towards a common goal through communication.” In simpler terms, a discourse community is a group of people collaborating while working on their specific goal. Members of the discourse community come in all different shapes, sizes, races, and ethnic backgrounds but they share the same target goal.

There are numerous discourse communities such as emergency room nurses, political aids, study groups, gaming groups, sport teams, teachers, and the list goes on. This leaves me to ask you what discourse community you associate yourself with. The discourse community I associate myself with would have to be the fitness community. I am an active person and take fitness and physical health as important aspects in human life. Being physically healthy has its true benefits physically, mentally, and emotionally.

In the article published October 8, 2021, titled “7 Great Reasons Why Exercises Matters” by the Mayo Clinic, it states numerous reasons on why being Physically active and fit is tremendously beneficial. For instance, it states “Regular exercise helps prevent or manage many health problems and concerns, including Stroke, Metabolic Syndrome, High blood pressure,

Type 2 diabetes, Depression, Anxiety, many types of cancer, Arthritis, falls; It can also help improve cognitive function and helps lower risk of death from all causes”. This quote lists all the benefits that physical activity has against conditions and diseases. Physical Activity offers many good health conditions.

Another thing that improves physical activity is sleep, which is something that a lot of people tend to struggle with in this society. In the Article it states “Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep, and deepen your sleep. Just do not exercise too close to bedtime, or you may be too energized to go to sleep.” This quote specifies the idea that physical activity promotes good sleeping results. Good rest is a vital part of our everyday necessity to do our daily tasks such as work, school, etc.

The last amazing benefit that I would like to speak about is that exercise can help with skin health. In the article published on Dec 14, 2021, titled “Exercise: The Top 10 Benefits of Regular Physical Activity” by Healthline Media the reasoning behind exercise helping skin health is proven and discussed. As an illustration it states, “Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of aging.” Healthy skin is a tremendous pro to have because it can serve as a protection against UV rays, foreign objects and lastly bacteria. Physical activity plays a significant role in your life, and enhancing your physical activity can lead to some amazing benefits.

A fitness discourse community serves as a gathering place for individuals who share a common interest in fitness and wellness. This community provides a platform for individuals to share their experiences, knowledge, and ideas related to fitness, nutrition, and overall well-being. Members of a fitness discourse community can engage in discussions, ask for advice, share tips and tricks, and provide support and motivation to each other.

The purpose of a fitness discourse community is to create a space where individuals can come together to learn, grow, and achieve their fitness goals in a supportive and encouraging environment. This community can serve as a source of inspiration, motivation, and accountability for individuals on their fitness journey. The discourse community also lends a helping hand to those in need, and to those who are trying to start their fitness journey. Some ways that this community has lent a helping hand was by posting and collaborating with others when finding new and beneficial workouts, workout schedules, diet plans, and gym gear, and by sharing gyms that they have found extremely helpful in their process.

Also, this community can serve as a motivation to be proactive. Lastly this community can help make connections with people you look forward to collaborating with in the fitness industry or even people you look up to as an idol in the fitness industry. The fitness discourse community is a great community that helps motivate others to start their fitness journey.

In conclusion, a discourse community of people who discuss fitness and have a common interest in fitness is referred to as a fitness discourse community. These communities are diverse, communicate using a variety of platforms, and promote physical activity and healthy living. Fitness discourse communities benefit their members' lives by offering them support, inspiration, information, and a sense of community. They, therefore, are essential in promoting and maintaining healthy lifestyles.