

E. Grammarly, III

Amanda Dunnagan, PhD Composition I

Essay 2 Final Draft ENG 333 (B01)

August 19th 29 Aug 2023

Obesity: ~~It Doesn't~~ ~~H~~ave ~~to~~ ~~Be~~

Did you know that ~~more than a over one~~ third of adults in the ~~United States~~ ("US") are overweight (~~(CDC.org CDC.org)?~~). These numbers continue to increase dramatically from year to year in each generation. ~~And Additionally~~, with everyone stuffing ~~there~~ ~~their~~ faces with ~~sweets, sweets or perservitives-preservatives~~, or processed foods ~~that are that's also happens to~~ be easily accessible, people today tend ~~not to remember the importance of to not remember to~~ ~~burn off burning off~~ those calories. ~~with even just a little bit of~~ exercise, just a few time's ~~pera~~ week. ~~Is it a question of understanding there balance between calorie intake and exercise that~~ could ~~Could~~ understanding the balance between calorie intake and exercise change these ~~statistic's?~~ There are: ~~They're various~~ different ways to stay active and off set you're ways to keep active and ~~offset your caloric intakees~~ to live a healthy lifestyle. ~~As such~~, you can perform ~~these~~ activities in your backyard or from your phone in less than 30 minutes to see amazing results. ~~Most of these activities you can do in you're own backyard or from you're own phone and in less than 30 minutes to really see an amazing results.~~

So, ~~lets' let's~~ say you want ~~to~~ start a light exercise routine. ~~out lite~~. Good ~~exercisese~~ exercise's that many adults like includes that many adults like include yoga, ~~Ppilates~~, or Thai Chitai chi. ~~All~~ ~~Its~~ all of these exercises that can be relaxing and they are ~~excellent~~ for flexibility. ~~Ppilates~~ is are also very good for flexibility and especially effective in core strength, ~~which we will cover later. pilates for core strength like we will talk about later.~~ You can further

- Commented [JO1]: MLA-9 formatting: insert header all pages, flush right to the 1" margin: Last name and
- Commented [JO2]: MLA-9 formatting: first four
- Commented [JO3]: Grammar: inconsistent title
- Commented [JO4]: Grammar: consider writing units
- Commented [JO5]: MLA-9 formatting: style manual
- Commented [JO6]: MLA-9 formatting: end-of-
- Commented [JO7]: MLA-9 formatting: punctuation
- Commented [JO8]: Grammar: consider using
- Commented [JO9]: Grammar: incorrect use of
- Commented [JO10]: Grammar: misused words and
- Commented [JO11]: Grammar: improper subject-
- Commented [JO12]: Grammar: split infinitive - "to"
- Commented [JO13]: Grammar: consider removing
- Commented [JO14]: Grammar: consider the
- Commented [JO15]: Grammar: consider using a
- Commented [JO16]: Grammar: incorrect use of
- Commented [JO17]: Grammar: incorrect word
- Commented [JO18]: Grammar: eliminate
- Commented [JO19]: Grammar: word usage - off set
- Commented [JO20]: Grammar: the contraction
- Commented [JO21]: Grammar: consider using more
- Commented [JO22]: Grammar: remodel sentence
- Commented [JO23]: Grammar: transition phrases
- Commented [JO24]: Grammar: remove vague
- Commented [JO25]: Grammar: Paragraph
- Commented [JO26]: Grammar: incorrect
- Commented [JO27]: Grammar: Incorrect word
- Commented [JO28]: Grammar: Capitalization -
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- Commented [JO30]: Grammar: "very" is an
- Commented [JO31]: Grammar: run-on sentence -
- Commented [JO32]: Grammar: punctuation -
- Commented [JO33]: Grammar: consider change the
- Commented [JO34]: Grammar: consider active,
- Commented [JO35]: Grammar: improper word
- Commented [JO36]: Grammar: Correct conjunction

Grammarly, III 2

push your limits and try a hot yoga experience in a ~~desert~~-like room that typically lasts one hour. And you can ever push you ~~The're~~ limits and try a hot yoga experience done in a hot dessert-like room usually lasts for an hour. The instructor ~~may~~ might even give the ~~participant~~ participant's a cooling towel at the end of each class. ~~The swetting~~ Sweating here can help rid your body of it's ~~bad~~ in a hot yoga class can also help ~~alleviate~~ your body of its harmful toxins from within. ~~In addition~~, So Thai Chi tai chi can help with flexibility and ~~pieee~~ peace of mind. You can find yoga, Ppilates, or tai chi Thai Chi at your local park or gym. Finally, you can access video versions of classes through the convenience of your smart ~~device~~, parks (even outside classes), your gym, and now even on videos at the convenience of you're own smart devise.

Weight Training training is another ~~goodeffective~~ way to stay both physically fit and active at the same time. Get up, ~~and~~ find the closest gym, and start lifting ~~ng~~, but be responsible. Things to focus on are muscle strength, ~~whidefined aseh is~~ "the amount of force a muscle can produce with a single effort." (vScott)erywellfit.com). But ~~museular~~ Muscular endurance strength is also ~~important~~ essential to lasting fitness over ~~time~~. Further, ~~to be lasting over time~~. Toning muscles involves ~~the~~ muscles resistance and ~~and~~ toning affects also affects core ~~streng~~ strength, ~~th~~ not just the ~~arms~~, legs, and posture. ~~'s~~ and leg's and posture is important. Start slowly, ~~maintaining~~ ; correct form throughout. ~~Your~~ You're even encouraged to use the gym as ~~the~~ an escape to avoid ~~running~~ the through the fast-food window. ~~fun~~ threw of the Fast Food drive window. Instead, of fatty ~~Fast Foods~~ fast foods, try a delicious ~~protein~~ protieshake to n shake; to energize ~~you're~~ your workout, or a meal replacement afterward's.

- Commented [JO37]: Grammar: incorrect spelling -
- Commented [JO38]: Grammar: modal usage -
- Commented [JO39]: Grammar: incorrect possessive -
- Commented [JO40]: Grammar: incorrect spelling -
- Commented [JO41]: Grammar: Use a variety of
- Commented [JO42]: Grammar: consider an
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- Commented [JO44]: Grammar: punctuation -
- Commented [JO45]: Grammar: eliminate
- Commented [JO46]: Grammar: run-on sentence -
- Commented [JO47]: Grammar: the contraction
- Commented [JO48]: Grammar: incorrect spelling -
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- Commented [JO54]: Grammar: remove
- Commented [JO55]: Grammar: punctuation -
- Commented [JO56]: Grammar: consider changing
- Commented [JO57]: MLA format: End-of-sentence,
- Commented [JO58]: MLA-9 formatting:
- Commented [JO59]: Grammar: Incohesive
- Commented [JO60]: Grammar: Consider moving
- Commented [JO61]: Grammar: redundant and
- Commented [JO62]: Grammar: adding a transition
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- Commented [JO64]: Grammar: missing comma to
- Commented [JO65]: Grammar: incorrect
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- Commented [JO67]: Grammar: the possessive form
- Commented [JO68]: Grammar: Incorrect article
- Commented [JO69]: Grammar: incorrect verb tense
- Commented [JO70]: Grammar: incorrect
- Commented [JO71]: Grammar: incorrect
- Commented [JO72]: Grammar: incorrect spelling,
- Commented [JO73]: Grammar: remove
- Commented [JO74]: Grammar: incorrect
- Commented [JO75]: Grammar: Incorrect word
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- Commented [JO77]: Grammar: remove
- Commented [JO78]: Grammar: the contraction
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Finally, a really good ideal way to burn a substantial amount of calories each and every day is to try cardiovascular endurance type of is to engage in daily cardiovascular exercise every day. Cardio really helps the heart's and lung's to enables the heart and lungs to better function properly inside the body. Simply, it can be done easily through walking, a jog, sprinting, or You can accomplish this exercise by walking, jogging, sprinting, or running. For example, a long run even. Signparticipating up in for a local 5k race is a great place to start. If you take up running and you are bored or become injured, consider exploring other indoor or outdoor sports, such as biking, which may be more enjoyable and lower impact. Playing sports helps us burn extra pounds while having fun. But if one gets bored with they're running or if it hurts ones knees, they can bike indoors or out of doors or play sports. Play Sports will help one burn off there and extra pounds and have fun competition against friends or gym mates all at the same time as exercising with out realizing it is exercise. g the exercise. Think about it: these activities can be done at you're local park, gym, backyard, school, neighborhoods sidewalks, recreation's center, or any where you can perform these activities at your local park, gym, backyard, school, neighborhood, sidewalk, recreation center, or anywhere e you see seem fit.

As you can clearly see, a fast-food way of life is a fast food way of life is really not working well in for Americans American's today. Everyone can can make make the changes needed necessary to overcome obesity in the USS today. Don't Don't be another statistic's. Find Instead, find a regular exercise routine workout that work's works for you and get commit to its successit to work.

Commented [JO80]: Grammar: Consider adding a transition word to improve structure, clarity, and flow to the paper.

Commented [JO81]: Grammar: consider changing commonly used phrases with synonyms to sharpen writing and add depth and interest to the piece.

Commented [JO82]: Grammar: consider using precise language - "a lot" for "a substantial amount" to add depth and understanding.

Commented [JO83]: Grammar: consider using direct, concise language to engage your audience.

Commented [JO84]: Grammar: eliminate unnecessary extra words that do not add clarity to the

Commented [JO85]: Grammar: incorrect

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Commented [JO87]: Grammar: consider re-writing

Commented [JO88]: Grammar: consider adding a

Commented [JO89]: Grammar: remove

Commented [JO90]: Grammar: inconsistent first

Commented [JO91]: Grammar: incorrect

Commented [JO92]: Grammar: sentence is run-on

Commented [JO93]: Grammar: remove

Commented [JO94]: Grammar: incorrect word

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Commented [JO96]: Grammar: improper word use

Commented [JO97]: Grammar: missing punctuation

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Commented [JO104]: Grammar - consider

Commented [JO105]: Grammar - missing hyphen -

Commented [JO106]: Grammar - consider

Commented [JO107]: Grammar - unclear

Commented [JO108]: Grammar: consider adding

Commented [JO109]: Grammar: incorrect spelling

Commented [JO110]: Grammar - consider adding a

Bibliography of Works Cited

Jennifer R. Scott. Understanding muscular strength. 8.1.2019. Board-Certified Physician. Web source.

Centers for Disease Control and Prevention. (2023). Adult Obesity Facts. <https://www.cdc.gov/obesity/data/adult.html>.

Centers for Disease Control. Statistics. Obesity. Website.

Scott, J.R. (2019). Understanding Muscular Strength. <https://www.verywellfit.com/what-is-muscular-strength-3496122>.

Commented [JO111]: MLA-9 Format: Insert a [Page-Break] before the "Works Cited" page. Center "Works Cited" title only. Spelling error on Works Cited.

First line of citation is flush left to the margin. Insert a hanging 0.5" indent on second line of citation, double-spaced.

Citation is not in proper MLA-9 format for online journal article: Last Name, First Name. "Journal Article Title." *Name of Journal*, vol. Volume Number, no. Issue Number, Date of Publication, pp. First Page Number-Last Page Number. Name of Database, doi:DOI number/URL/Permalink.

Grammar Analysis

The main grammatical issues within the given essay are incorrect spelling and word usage, particularly in the form of homophones, incorrect punctuation (apostrophes, commas, and quotation marks), and poor sentence structure, clarity, and flow throughout. These concepts, categorized under prescriptive, descriptive, and transformational grammar, focus on established rules and conventions for American English and form the basis for a proper, plainly written communication style (Rodby and Winterowd 13). For example, the student writer frequently confuses “too” (an adverb meaning also or excessively) with “to” (a preposition or part of an infinitive) and “you’re” (you are) with “your” (the possessive form of you). In addition, the author incorrectly assigns possession to the verb “posture” and the nouns “heart” and “lungs.” These illustrations, among others, violate the rule of apostrophe possession, which states that a noun must follow the verb in correct usage (McLeod).

Further, the paper lacked sentence structure, clarity, flow, and paragraph transitions. To illustrate, most of the language used in the essay regarding weight loss is conversational, repetitive, and disjointed, referring to the mode of performing exercise at least twice. Additionally, adhering strictly to aspects of descriptive grammar and using spoken language over grammar rules reveals a need for greater understanding in sentence construction and agreement. For example, the essay contains comma splices, multiple sentence fragments, and run-on sentences. These issues are evident in the sentence, “Instead, of fatty Fast Foods, try a delicious protien shake; to energize you’re workout, or a meal replacement afterward’s.” These issues make the text challenging to read and comprehend. Much of the paper also exhibits poor subject-verb agreement and word usage, confusing the reader: “Play Sports will help one burn off there extra pounds....”

Lastly, the author demonstrates inconsistency in verb tense (e.g., “includes yoga”), a form of transformational grammar that describes a necessary level of cognitive understanding in sentence structure (Chomsky 107). Insufficient knowledge and grammar practice contribute to a lack of uniformity and difficulty following a written narrative. Chomsky further confirms that without practice in transformational forms of grammar, incorrect word order and sentence formation can appear, as shown in the following: “Weight Training is a good way to sat both physicality fit active, at the same time.” Unfortunately, the term “physicality” is misused, and “sat” appears to be a typographical error meant to read “stay.”

To remedy these issues, the student writer should familiarize themselves with the standard rules of American English and the prescriptive errors in the essay, applying them correctly with writing exercises and repetition. In addition, traditional grammar skills can improve through additional scholarship, coursework practice, and online language proofing (McLeod). Regarding descriptive grammar issues, the author should aim to use Modern American English in their educational writing, even if their everyday speech involves different dialects or language uses (Hinkel). Careful proofreading can aid in achieving this goal. Further, the student writer’s academic language skills will improve through awareness of the differences between conversational speech and scholarly writing. Finally, to enhance transformational grammar skills, the author needs to ensure that their sentences are logically structured and that each sentence retains its meaning when changed. Methods can include rewriting sentences and confirming that the conveyed purpose remains. A detailed discussion and scholarship regarding all three aspects follow below.

As stated, the student writer should familiarize themselves with proper word choice, particularly homophones, ensuring they understand the differences (e.g., there/their/they’re,

its/it's, too/to, peace/piece, or lite/light). Learning homophones comes with associating word definitions within the context of the sentence (Purdue Owl). Additionally, the author requires a study on the correct use of apostrophes. For example, apostrophes are used for contractions and showing possession, not pluralizing words, e.g., the contraction "that's" in either of its forms (that has or that is) disagrees with its following verb "happens." McLeod verifies the apostrophe's three prescriptive grammar uses: forming possessives of nouns, showing omission of letters (as in contractions), and indicating respective plurals of lowercase letters.

Moreover, the student writer should review the applicable grammar rules within sentence structure, clarity, transition, and flow. Purdue Owl confirms plain academic writing consists of the following aspects: ordered sentences that comprise old to new information; the use of appropriate language for your audience (level of formality, context, slang, terms of art); using active, concise vocabulary (eliminating redundant or unnecessary words); and using a variety of sentence types. A lack of parallelism and coherence in many sentences also indicates a problem with transformational grammar, impacting the logical flow and readability of the text (McLeod). After closely reviewing and practicing the grammar rules, reading the work out loud can further assist the writer in identifying awkward sentence structure and help with flow and cohesion. A final review of the piece by a fellow student or mentor is also an excellent method of learning and honing academic writing skills (Purdue Owl).

Despite its poor grammar and punctuation, the provided paragraph effectively conveys its intended message: advocating for a healthy lifestyle through exercise to combat rising obesity rates in the US. The content emphasizes several types of physical activities, such as yoga, weightlifting, and cardiovascular exercise that can help maintain a balanced lifestyle. Also, it repeatedly uses persuasive language to encourage the audience to take steps towards a healthier

life, urging them to “find a workout that works for you.” Credible references to support the arguments include data from the Centers for Disease Control and Prevention (CDC), establishing the high prevalence of obesity in the US and an explanation of muscular strength. These references add legitimacy and authority to the content, strengthening the argument. However, poor grammar and spelling mistakes (e.g., “sweats” instead of “sweets,” “perservitives” instead of “preservatives,” and “Thai Chi” instead of “tai chi”) detract from the overall professionalism and credibility of the text. According to the Journal of Second Language Writing, properly placed grammar and correct spelling can significantly enhance effectiveness, improving readability and trustworthiness.

Additionally, grammar errors can negatively impact a paper’s perceived quality and clarity, possibly leading to misunderstandings (Hinkel). Likewise, as previously recommended, the misuse of homophones (e.g., “there” instead of “their,” “you’re” instead of “your,” and “to” instead of “too”) creates confusion and interrupts the reader’s comprehension process. Again, this aligns with research findings indicating that homophone errors can disrupt reading fluency and comprehension (Connelly et al. 191-192). Finally, as stated, the paragraph delivers its intended message thanks to its persuasive language, variety of suggested exercises, and supportive references. However, sound academic grammar, precise spelling, and attention to detail will improve the text’s cohesiveness, precision, reliability, and persuasiveness.

Works Cited

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