***Prompt 5***

***Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes, or contributed to group efforts over time.***

Being Overweight was heavy physically as well as mentally.

“Your knee clacked, because you are overweight” that was what my doctor told me.

I felt embarrassed and fear about what could happen if i continue being overweight. As i think back, my eating habit was the main problem: I couldn’t resist eating. A huge chunk of my time is invested in playing games, eating, or sleeping. This unproductive cycle wouldn’t let me have time to study and explore new things, which resulted in bad grades. I knew something had to change.

Ideally my plan was to workout straight after school. I had extracurriculars which caused me to reach home late.  Just 20 minutes of lifting weights made me feel like I was going to die, which was not optimal. After researching daily calorie intake,  I reduced my meals into taking three a day from four. Somedays i failed in doing so because my meal schedule was messed up that i got so hungry so easily. I was discouraged that i wasn’t losing weight despite my efforts.This all changed when I had a talk with my dad. He taught me that being consistent is key in losing weight. This inspired me to set up an alarm for my meals. I reduced my sugar intake and consumed more protein dense foods. This was the foundation to my weightloss journey.

I changed my workout routine where I focus more on cardio rather than strength training as it is better for weight loss. Instead of exercising afterschool, I see it more effective to workout in the morning  as I feel more energized. After waking up i would instantly change my clothes and start running for at least 30 minutes. To make this fun I think of it as a game by setting a weight goal each week and looking at my progress improve motivated me to keep going.  I slowly developed a hobby in exercising and felt no need in playing games. The spare time I had was exchanged to use in revising school materials and working on homeworks.

After 5 months of working out and following a healthy diet, I lost 25kg. It made me a whole new person. A person who used to be sluggish in school is now receiving As and Bs. Consistently following this healthy routine taught me how to prioritize what is important which as a student is to increase knowledge and getting work done. It allowed me to do more in less time. Reducing my meals trained me to resist temptations and avoid distractions. Which helped me focus on my goal to reach academic success.