Everyone belongs to many different communities and/or groups defined by (among other things) shared geography, religion, ethnicity, income, cuisine, interest, race, ideology, or intellectual heritage. Choose one of the communities to which you belong, and describe that community and your place within it. (1500 char./200-375 words)

My encounter with my bodybuilder roommate, Charlie, was how I got to become part of a supportive gym community.

After sharing with him that I longed for a healthier lifestyle, he didn’t waste any time helping me. He advised me to start counting calories, concentrate on achieving my macros, and improve my terrible sleeping patterns. Most significantly, though, he would drag me, sometimes against my will, to the gym as part of his rigorous six-days-a-week exercise schedule.

It was hard to begin living a more active lifestyle at first. But as time went on, the gym and its members became my closest community.

One important aspect of this community that made me feel belonged is that it brings people together, regardless of experience, with the same objective of having an active lifestyle. This epiphany struck me when I realized how helpful people are when you ask them for assistance, whether it be as basic as being a spotter during bench press or delving deeply into how I may increase the effectiveness of my exercises. I nearly always end up exchanging "socials" and become good acquaintances after doing this.

The benefit of making spontaneous conversations with strangers at the gym went beyond the gym itself when I’d meet the same people again in class. This worked out greatly as I garnered more friends overtime and ultimately made myself feel at home on campus.

As I reflect back, my role in my ‘community’ revolves around being a friend. I realized, being a true friend is similar to that of being a spotter: reliability is key whenever help is needed from you. I owe a lot to Charlie for helping me realize that.

A suggested outline:

1. Introduction – gym community, what you do there and your role in it.
2. Charlie’s story helping you, your struggle
3. Your story in the gym – how you help each other, perhaps relating to Charlie’s story
4. Benefits of being a friend in the gym extends outside the gym
5. Conclusion – what being in the gym community means and your role in it