**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. I first met him when we were both moving into our dorm room freshman year. His big, hulk-like build made me feel intimidated. However, I knew that this feeling of intimidation was actually because of my insecurity and longing for a healthier lifestyle.

After sharing this with Charlie, 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-per-week exercise schedule.

It was hard to begin living a more active lifestyle at first. But as time went on, I soon understood that ever since I made that adjustment, the gym and its members have become 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.