**3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?**

It was my last set at the gym that night…

*“Hearts on fire”*

*“Strong desire”*

*“Rages deep within”*

It was the Rocky 4 training song, “Hearts on Fire” known by a lot of fitness enthusiasts and played in gyms all across the world. Knowing I was pushing myself beyond my body’s physical capability, already exhausted from my soccer tryout and having aced all the drills, my heart rate increased and my body’s defense mechanism activated while I started to heat up. The air conditioning was to be repaired that day and my shirt was more dense than a soaked sponge. My strong desire to promote a nature of fitness invoked a certain rage in me. As I picked up the dumbbell, touched the cold metal handle, moved by the background song and focused on the sound of the treadmill as the weights clashed against each other; all building up to a scene from the movies (all in my head of course) …

Ccrrr Kkk!!! It was my wrist.

Being an individual who currently runs a fitness blog, played for the highschool soccer team prior to the pandemic, a workout planner, and a wellness coach is well and good, but it wasn’t always sunshine and rainbows. I majorly underestimated fitness as I was extremely underweight, weighing only 51 kilograms at 15 years.

A couple months after my injury, countless hours of rehab, and a green light from the doctor, I decided to take things easy and educate myself. Before I knew it, I had watched over 1700 videos and read a whopping 850 articles ranging from exercises & protein synthesis to the crucial vitamins and minerals our body demand from us. Soon, I was known as the go-to person within my apartment and grade level if someone had a diet related problem or an exercise tip.

COVID-19 struck us, school converted online, and us soccer players were told to stop the season midway. I knew I couldn’t waste my potential sitting at home and so I got back into the fitness mentality and bought home equipment, published and promoted my fitness blog with over 1000 views  through social media. I progressed fast and also learned new bodyweight skills: Calisthenics! What seemed unattainable while I sat at the doctor’s waiting for my turn, was soon something that I gained expertise in.

Hi Raghav,

What a horrible thing to happen to you! I’m glad that you’ve managed to bounce back and empowered yourself to understand more about how you can take care of your body. This essay certainly shows your passion for and commitment to fitness – it just needs a little tweaking to tighten the narrative and make it easier to understand.

Remember to tell readers **WHEN** each thing is happening so that we understand the timeline.

When revising, it’s often also helpful to try **reading your essay out loud** to see if there are any sentences that don’t feel natural.

Overall, it’s a very promising start! I wish you luck on your revisions.

* Chiara