**A. Reflect on your membership in a community. Why is your involvement important to you? How has it shaped you? You may define community however you like.**

After losing 50 pounds, I hopped on the “toxic dieting” train, neglecting the challenging yet rewarding art of balance – for which my physique soon enough took a toll.

Thus, I signed up at F45, a gym offering 45-minute circuit training classes.

When I came for my first session, I was nervous and felt insecure. My fitness level was nowhere near where I wanted it to be, running out of breath and feeling faint after the first 10 minutes of jogging.

Having supportive coaches that bring positive energy motivated me to improve. Every morning at 6am, I would be fuelled by the friendly community, from sharing individual fitness journeys to inspiring each other. At F45, no one is a beginner nor an expert. To never set another person’s record is the key I was passed on. Whether it be lifting 1kg heavier or performing an additional pull up every rep, beating my own self is the winning mindset.

This community is pivotal as a support system to cheer me on and keep me accountable at the same time, constantly invigorating me; reminding me that it is our own “can’t do” or “later” attitudes that stop us from stepping up.

From first deadlifting 10kgs to now 60kgs, I realized that who I am is reflective of my actions. I only began to see progress when I came consistently and pushed myself to my breaking point every second of that 45 minutes, a vanquishing regimen I never see myself stop doing.

*Hi Raisa!*

*I think this piece is brilliant in all its succinctness. You supported each reflective phrase with a snippet of your fitness journey – which is exactly what you’re supposed to do to make your essay meaningful yet easy-to-read and entertaining at the same time. Excellent job!*

*- Matthew*