**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 always focused on my diet and neglected my body’s physical health. As many people do, I was one who fell into the trap of “toxic dieting”.

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 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 am fuelled by the friendly community, sharing individual fitness journeys to inspiring each other. At F45, no one is a beginner nor an expert. Whether it is to lift 1kg heavier or an additional pull up. We’re all in it together.

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 the mental limitations of our mindsets that stop us from reaching our desires .

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. Forced to confront my discomfort both physically and mentally. Ultimately, F45 did not only shape my body but also my work ethic and discipline.