Coming from a family that suffers from diabetes and obesity, I see firsthand how I do not want to live my life. My grandpa, grandma, and aunt all have suffered from Type 2 diabetes and obesity. My grandpa has such awful diabetes, when he had Achilles surgery, it did not heal well and they almost had to amputate his foot. It was very depressing watching him go through this stage of life and we always had to leave someone at home with him to clean his wound often. The most eye-opening part to me was when we would go out to eat and my grandpa, he would have to give himself shots of insulin in his stomach before eating. Seeing my family go through such life challenging events such as these, encourages me to want to be healthy and active in order to keep a fit body. On a more positive note, my mom is a runner and I see how much happier she is than most of my family by maintaining a healthy lifestyle.

 I am developing myself as a role model and citizen leader in the field of Exercise Science by always encouraging my friends and family to go to the gym with me. Having two parents in the military while growing up, inspired me to do physical training with them whenever I could. Additionally, my roommate said she enjoys going to the gym with me because I am always motivating her to not want to give up. For example, when we run together at the gym and she wants to quit, I continue to tell her “just one more lap” until we are done. Also, I am a role model to little children who I coach in soccer. I do not only teach them how to play soccer, but also how to play with integrity and confidence. This also showed my high school coach that I was capable of becoming captain of the team by working with my team and always encouraging them. I hope to leave an impact on their lives that will make them want to stay in shape forever.

When volunteering at Colonial Heights Health Care and Rehabilitation Center, I observed how geriatrics vulgarly treated Physical and Occupational therapist. They would talk to them in a rudely manner, demand food, and even throw objects at them if they were angry. It was very depressing watching the patients treat the doctors like this when they were just trying to help them heal or get stronger. Due to this, my goal is to work with a variety of patients, not just geriatrics.

 After earning a degree in Exercise Science from Longwood University my goal is to become a Physician Assistant. Even though I have not shadowed a Physician Assistant directly, I have job shadowed a Sonographer in the same setting, which I enjoyed a lot. I learned that only emotional strong, patient, and friendly people can work in this type of environment. This is because I witnessed the Sonographer explain to a couple that their baby had stop breathing. Also, I observed that these jobs include one to be on their feet most of the day, which is not a problem for me. The jobs do include more positive feedback such as if a couple is having a girl or boy, positive comments on a surgery one has had, or even that one did not break a bone they thought they did. Even after earning a career as Physician Assistant, in my spare time, I will be at the gym or finding ways to give back to the community who helped me achieve my dream.