

When school ended on March 13th, I wasn't surprised by the decision made by the district to shut school down for 5 weeks until April 27th. Some kids thought of it as a 5 week break, some thought of it as a crisis and burden because many kids in the Tukwila community rely on school and the district for food and support... Many of those kids do not have great home lives and school is much safer for them than home. I thought of this time as a restart. A time to really evaluate my life and cut out the negativity and wrong doing that was being held on me, as well as cleanse my mind and spirit; Safe to say, the beginning of second semester had taken a toll on me with track going on and a lot going on with the world... because the world moves fast and waits for nobody.

To begin this time away from school, we did not have school work for the first 6 weeks, so there was a lot of time on my hands. This opportunity of having time to do something is a blessing in disguise, because for me, the only time I really get time to myself without any stress of school or any academics or sports is the early summer... and even then there are still things like spring football and workouts going on. So I had a lot of thinking to do. Around the end of March, life started to really become boring and not much too it, places were shutting down, deaths were rising, and people were at home. This sparked my interest to better my life, because I want to be better than my current self... always.

So I sat down and did some research on diet. I watched some films including: "forks over knives" and "what the Health". These really sparked my interest in going vegan and returning back into my body's natural shape and maintaining my muscle mass and lowering my body fat percentage. The research provided in these films were all credible and I was bought in instantly. I was a meat eater and dairy consumer, and I never really thought of switching until these films opened up my eyes to what being vegan has to offer for your health and wellbeing as a human. So since Easter, I have been a vegan. I have seen so many changes in my body and health. I wake up super happy and relaxed as well as refreshed and ready to attack and win the day. Going plant based was the best decision I have made in a long time, because of all the benefits it does for your body. I stayed the same weight throughout the whole process because I was still fulfilling my protein needs from foods like nuts, Quinoa, Chia seeds, and spirulina. I started to see my muscle definition, and little muscles in my back and torso to pop out and look great. I also haven't been sick or had any stuffy nose, drowsiness or anything of that nature since i went vegan. When I told you it was a great decision, it really was.

Was it easy? Hell no. Going vegan takes so much self-discipline, it is truly a challenge. During this time, I wanted to challenge myself and really go the extra mile to exercise my body and mind, and going vegan really put me to the test. The first week was probably the hardest and really put my self-discipline to the test. I drank anywhere from 6-8 liters of water a day to keep myself hydrated and full, and still do to this day. The best thing about going vegan is that you find out so much about your mind and body so quickly. I was constantly learning about new foods to enjoy and new exercises to do to better myself. On this Day, I have been vegan for about 7 weeks now, and I feel great.