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Basic Writing-10

8 October 2020

### **How The Pandemic Changed My Life For The Better**

This year was going great for me I was in my senior year of high school, I was losing weight, hanging out with my friends and just living life being happy. I can remember the times I would go to the gym with my friend John and we would be so happy to see each other do max weight. One time I remember we were doing bench presses and John didn't believe he could have done a plate 10 but I motivated him and he was able to do it and that made me happy that I inspired him. For me I did not believe I could do a plate 25 and he helped me to do it. Those were great times in the gym. I also play basketball with my other two friends Domo and Jwan. We would play basketball for hours, just shooting around and having fun and making jokes. As for school I was a senior and was getting so excited for prom, graduation and all senior activities.

The month was the end of February or beginning of March I am not too sure, but the world changed, a global pandemic happened changing **MY** life. Everyone's life got ruined, we all had to adjust to this new world. Well I have a question, "What did you do during the pandemic to better yourself and make the situation we were all put in worthwhile "? What I did at first is what everyone else did which is do absolutely nothing and watch a bunch of Netflix shows and there is nothing wrong with that at all. Losing out on all my senior activities made me depressed and angry. The things that made me most upset and angry were when the gyms and basketball courts were closed because I would no longer be able to hangout with my friends which I love to do. The gym and playing basketball are what made me stay in shape. With all this happening I lost motivation to do anything productive I just started to eat so bad that I gained almost 20-25 pounds. I would lay down in my bed watch a Netflix show for hours and just eat junk food like chips, cake, cookies whatever food you can think of I was eating it.

One day I was on the phone with my friend Jason and he said" Bro you should learn how to ride a bike it would be great exercise and help you lose weight but you can also hangout with me". I thought this was a great idea, so I met up with him and he let me try to learn how to ride his bike, because I did not own a bike at that time. I remember getting on his bike and I could not move the pedals and if I did, I would just fall like I did when I was a kid. That is the reason I started to learn so late in life. I went to a bike shop bought myself a bike and taught myself everyday how to ride a bike, it only took me a week. I remember I rode it the first time and called my friend Jason and showed him that I knew how to ride a bike. After that I would start to go bike riding with him and started to lose weight. I lost 10-15 pounds because of bike riding and I was so happy about that. With everything that happened during the pandemic I am happy

that I learned something new and found a new hobby. I am happy that with learning how to ride a bike I did not have to use public transportation; I had my own transportation. That made me feel like a winner in so many ways.