

# English composition



**ASSIGN  
BUSTER**

Getting into Exercise I am tired of being out of shape. I wouldn't describe myself as fat, but I also wouldn't want to appear on the beach in a bathing suit in front of the opposite sex. There's just nothing there to be considered attractive. My stomach extends out too far and doubles over in rolls of fat and my butt actually hangs down to touch the backs of my legs when I'm standing unless I wear clothing designed to keep it all in place. Who wants to see that? So, my New Year's Resolution was, like so many other people, to get in shape.

" You should go on a diet," one friend suggested helpfully.

I suppose they didn't realize that there are about a billion diets on the market and none of them really seem to work all that well. I just don't see how eliminating one particular part of your food supply, like carbs or protein, can be considered healthy. All it took was a little investigation to figure out those were bad ideas.

" You need to get out and jog," another friend said regarding my complaints. But I hate jogging! That's actually work. You run and run and run and get all sweaty and everyone sees you out there being sweaty and gross with your fat bouncing all over the place, which, by the way, is not comfortable at all. After circulating through my friends and their many suggestions, I didn't find a single one that appealed to me. And then, the quiet guy in the corner looked up from his book and said, " Do you want to lose weight or tone muscle?"

That stunned me; no one had even bothered to ask me that. Like I said before, I'm not exactly fat, just not in shape. So that was what I answered.

" Then you need to eat sensibly and get some exercise every day, at least 30 minutes," he said. " It doesn't matter what you do, just do something to get

your heart rate going faster for 30 minutes a day. And it doesn't matter what you eat, as long as you eat reasonable proportions of healthy or low-fat food."

Then he got up, took the piece of cake out of my hand and guided me over to the common room's TV where he showed me a cable channel that plays exercise shows all day long.

" They have every kind of exercise you can think of, just find one you like," he said.

Before I knew it, I was working out with a bunch of people who were much more out of shape than I am in a relatively easy program called Big Loser. The first week was really hard, the second week was not so hard and the third week, I added another show to my daily routine just to challenge myself.

What made this so nice is that I could do it right in my own room, where no one had to see me looking all nasty and at the same time, every part of me was working out and getting in shape. I couldn't see the changes every week, but I could feel them and that was good.

Beach weather will be here soon and when it arrives, I know I'll be ready!