

Make health a habit: promoting active lifestyles in the black community

My image expresses a young black man challenging himself in the gym. He is pushing himself to create a pattern for a healthy lifestyle or habit. Due to all the negative things that are portrayed by the media about groups of African American males, such as, the use of drugs and alcohol or their involvement in gangs and all the other negative behaviors; this young man is one of many trying to be different by going to the gym. He lifts weights to strengthen his character. He knows it will make mental and physical improvements. Being physically fit with a healthy mindset is the first step to a healthier and better lifestyle. After realizing how good your body feels when you treat it well, why would you want to go back to all the negative behaviors? Why wouldn't you want to push yourself to be better?

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