

## Personal Statement

As a dedicated athlete and aspiring sports medicine doctor, I am passionate about promoting health and wellness in our student community. My journey in sports began with gymnastics, continued into competitive judo, and includes regular strength training at the gym. Through these experiences, I have witnessed firsthand the benefits of an active lifestyle—not just physically, but mentally and emotionally. Now, as a biology major at Los Angeles Valley College, I am eager to translate my knowledge and passion into meaningful contributions as Commissioner of Health and Wellness Affairs in the Associated Student Union .

I'm running for this position because I believe staying active should be fun and accessible for everyone. If elected, I plan to organize exciting events that encourage students to try new sports, get moving, and build friendships along the way. By collaborating with sports clubs, I aim to host competitions, wellness workshops, and interactive challenges that promote movement, teamwork, and overall well-being. These initiatives will not only foster a healthier campus but also bring students together, strengthening our sense of unity and school spirit.

Beyond physical fitness, I recognize that health extends to mental well-being. College life can be stressful, and maintaining a balance is essential for academic success and personal growth. I will advocate for wellness programs that support mental health, stress management, and self-care practices, ensuring that students have access to the resources they need to thrive.

Students should vote for me because I bring both passion and experience to this role. As someone who actively participates in sports, I understand the impact that a strong health and wellness program can have on students' lives. I am committed to making fitness fun and accessible for everyone, regardless of experience or background. With my leadership, the ASU

will not only encourage healthier habits but also create an inclusive and supportive community where every student feels empowered to take charge of their well-being.

By electing me as your Commissioner of Health and Wellness Affairs, you are choosing a leader who is dedicated, enthusiastic, and ready to make a difference. Let's work together to create a healthier, more active campus where students can excel both inside and outside the classroom.