

Freddy Cen Laing

Body

The word "Body" is crucial. I believe it is an important word known to the whole world, but usually, only those who have felt pain or experienced it can reach a state of awakening. I am well aware that when you tell someone without diabetes that eating sugar is a luxury or even painful, people will take it as a joke and think you are foolish. To imagine how happy it would be to eat sugar in a normal world, how easy it would be to get dopamine...

Despite being born with rhinitis and allergic asthma, divine providence does not seem to favor my constitution. Every morning when I wake up, I find my bedsheets covered in crumpled tissues that look like burst cotton, so much so that it seems as if my pillow itself has erupted. Tissues were a major part of my life when I was a kid and became an essential item for me. While most students freely ran and played after class in the hallways, carelessly enjoying their youthful energy, I also wished to join in their lively fun but could only watch cautiously, always mindful of monitoring my fragile breathing to avoid risking a potentially debilitating asthmatic episode if I became careless in my exuberance. I have grown accustomed to battling rhinitis and allergic asthma.

When I was a kid, going to the hospital was a regular morning routine. The cost of each treatment was a burden on my family. While China continues to progress as a developing nation, the costs of medical care place considerable strain on the finances of

many families within the country. In contrast, developed countries like the United States have much better healthcare systems that can help people afford more treatments, reducing the burden on families. When I found myself needing to visit the hospital for delivery, my grandmother offered counsel, saying "Now that you find yourself in need of money, you must be willing to wait in line for delivery. You must take the utmost care with your well-being because health itself is more valuable than any sum." I found amusement in her words at the time but their wisdom became deeply ingrained within my heart.

The body is important to everyone. Despite the physical difficulties in my life, I have managed to achieve the level of health I have always dreamed of, and I still love sports, especially basketball, which I played almost every week of my life in the United States. Once, while playing with some very physical people, I was quickly overpowered by them and sent flying over the top. At that moment, I deeply realized the importance of physical strength. Sometimes, no amount of skill can make up for a lack of physical fitness.

To stay healthy and strengthen my body, I have added more activities to my weekly routine by going to the gym for a workout. There, I do cardio and strength training to enhance my physical fitness. I have also started focusing on my eating habits by choosing healthier foods and eating less oily and high-sugar foods. I believe that with good exercise and eating habits, I can better manage my health and enjoy a better life.

Good health stands out as our top asset, I'd argue. Many films have shown me that those with deep pockets prize well-being, pouring vast sums into its upkeep each year. My wish is for kin and pals—like dad and uncle who often drink excessively and stay out late—to hold their fitness dear. Striving hard, I aim to steer them towards self-care. Meanwhile, my goal is to establish a robust foundation for what lies ahead through a life lived well in the body.