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Unit 1 Speech

To Anyone Getting Into Fitness,

I hope you read and understand this letter well. I am reaching out to speak on an issue that has been increasingly concerning in our community, the rising trend of younger individuals getting involved with steroid use, specifically for fitness and bodybuilding. While this might sound like a small issue, the consequences of it go way past just within the gym and we need to raise awareness of this.

In the more recent years, there has been a noticeable increase in the number of young people turning to steroids as a shortcut to achieve their fitness goals. This trend is not only rising for people only bodybuilding, but also younger athletes are starting to use steroids to enhance performance. The reasons for a sudden rise in steroid use is deeply due to social media, combined with the fact that younger fitness enthusiasts have not really had the time to work towards strong results. Around that age, the want for quick results to “be above others” in fitness is drastic. When people have unrealistic body expectations due to the media, along with wanting results quickly for social appeal, it leads to our current problem which is steroid use.

This issue is not just confined to the gym discourse community; it is a societal concern that requires more awareness. The consequence of steroid use goes past just health risks. It also creates issues with self-esteem, mental health, and creates unrealistic beauty standards that can and are already starting to have an impact on the well being of our younger generations.

The main negative impact of steroid use is how it affects our health. According to the National Institute of Drug Abuse, taking steroids can “lead to early heart attacks, strokes, liver tumors, kidney failure, and psychiatric problems”. Those are only the physical effects. In a study done by the Center of Addiction for Mental Health, their research showed that steroids cause “increased irritability, anxiety and aggression and cause mood swings, manic symptoms and paranoia”. These statements are based on many studies done on active or ex-users of steroids, so imagine how immense the problem becomes when younger generations use steroids without fully understanding what the outcome will be.

As a community, it is our responsibility to shed light on this matter and initiate conversations that promote awareness and understanding. I urge you to consider this issue with the gravity it deserves and to join our efforts in raising awareness. Whether through public discussions, educational initiatives, or community outreach programs, every action contributes to creating a more informed and responsible society.

Thank you for taking the time to consider this matter. I am hopeful that together, we can make a positive impact and promote a culture of health and well-being for future generations.