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Essay 2 (Photography Essay)

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                                                      Exercise is the Best Hobby

              Exercising is a very good way to keep your body healthy. It is the essential way of building strength, and quite possibly keeping you in the best mood that you can be in. Now, as human beings, we are all vulnerable, because we have tasks to do in our everyday lives, and of course we all have a hobby of doing something that we never get tired of doing, because it’s something that provides us with joy. In my case, going to the gym and lifting weights is something I never get tired of doing. It was very intimidating at first, because it had something to do with strength, but after a year and a half of powerlifting, and building the strength to deadlift 300 lbs. (about 7/10 more of my original weight), I believe I can go further than that.

            The photographs, “*The Weight Rack*” and “*The Stress Healer*” are the pictures that I chose, because they represent my hobby as it is. The first photograph, “*The Weight Rack,*” displays the rack of weights that range from 40 - 150 lbs. The reason why I chose to take the picture in that angle and that frame was because, the weights that are displayed are the ones that I use the most. Now every photo has a studium, which is basically what the viewer sees in the photo, and make judgements accordingly on what the photo might be about.  The studium is basically a weight rack, with weights on it, and there are lots of various of weights. The weights have “Iron grip” written on them, and the amount it weighs in lbs. In the background, if the viewer looks closely, he/she will be able to see that there's a mirror that shows the reflection of other people, those who which I exercise with. By looking at all of this, the viewer could tell that the mood is sweaty, motivational, hard – working, and bulky.

        The second photograph, “*The Stress Healer,*” displays the blender bottle that I use to contain my protein drinks. It also displays the protein supplement that I drink, so I could recover from the stress/pain that I accumulate from the gym the day before. The studium of this photo is, the viewer can see a plastic bottle on the left that says “GNC - Performance,” and is about a quarter filled with a white liquid that looks like milk. And on the right side of the picture, the viewer can see a plastic oversized bottle/jar that says “AMPLIFIED GOLD 100% WHEY PROTEIN ADVANCED.” By looking at this, the viewer could also say that the mood is bulky, and/or motivational.

           The reason I chose to compare these photographs, is the concept of exercise and recovery. When a person exercises with heavy weights, he/she will put his/her muscles under stress, which basically means that his/her muscle fibers will break down, and will require repairing. Now to repair muscle, a large amount of protein is required. So what protein supplements do, is that it helps the person recover faster, meaning that his/her muscles will build up and recover from the stress accumulated from heavy weight lifting, in an accelerated manner. After that, he/she will be able to do more exercise without feeling much pain.

             Now, photographs show evidence, and these photographs that I chose, show evidence that I have a specific involvement with the gym, just like what Susan Sontag had said in her book “On Photography” on one of her essays, “Photographs furnish evidence. Something we hear about, but doubt….” (531) This quote from her book, talks about, and describes photography as evidence for any particular view that the photograph shows. Of course, in today’s world, people believe what they see, and to make them believe, one must cite sharp evidence, like a

photograph.

              Also, I chose these photographs because it represents my hobby and my choice of taking pictures, like mentioned in the excerpt, “Understanding a Photograph” by John Berger, “Photographs bear witness to a human choice being exercised in a given situation.” Here, Berger says this, because we as human beings make choices, and our choices reflect on our action at any given situation. So when we take pictures to display to other people, we basically tell them our choice of what kind of things we find appealing and are worth taking a picture of.

         Now of course, people might ask, why is it worth taking pictures of events that are enjoyable or remarkable, when either way that specific event will go away and never come back. A good answer would be that at least you can keep it as evidence, and visualize that you have been part of that specific event, and tell stories to people about it, and show a photograph proving that you have been in such an event.

           Photography in general raises a lot of questions in people’s minds, that they themselves answer with different interpretations. As human beings, we like assuming things when we see them, because we are creatures of metaphor, and when we see a photograph without knowledge of the main purpose behind it, we make assumptions on what it possibly can be about. Either way, when we make assumptions, the photograph that we view must have a purpose behind it. The photographer must have a purpose for which he/she took that picture for, and why he/she found it worth taking.

 In this case, I chose and found these photographs worthy, because it shows evidence of my hobby of exercising. I also chose to compare these pictures because they make a personal connection in my life. There was a time where I found exercising very intimidating, and did not want to do it. But again, the reward, of having a healthy and strong body, where I am able to lift weights that are beyond my own weight, I find it worth doing for the rest of my life.

  Work Cited

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