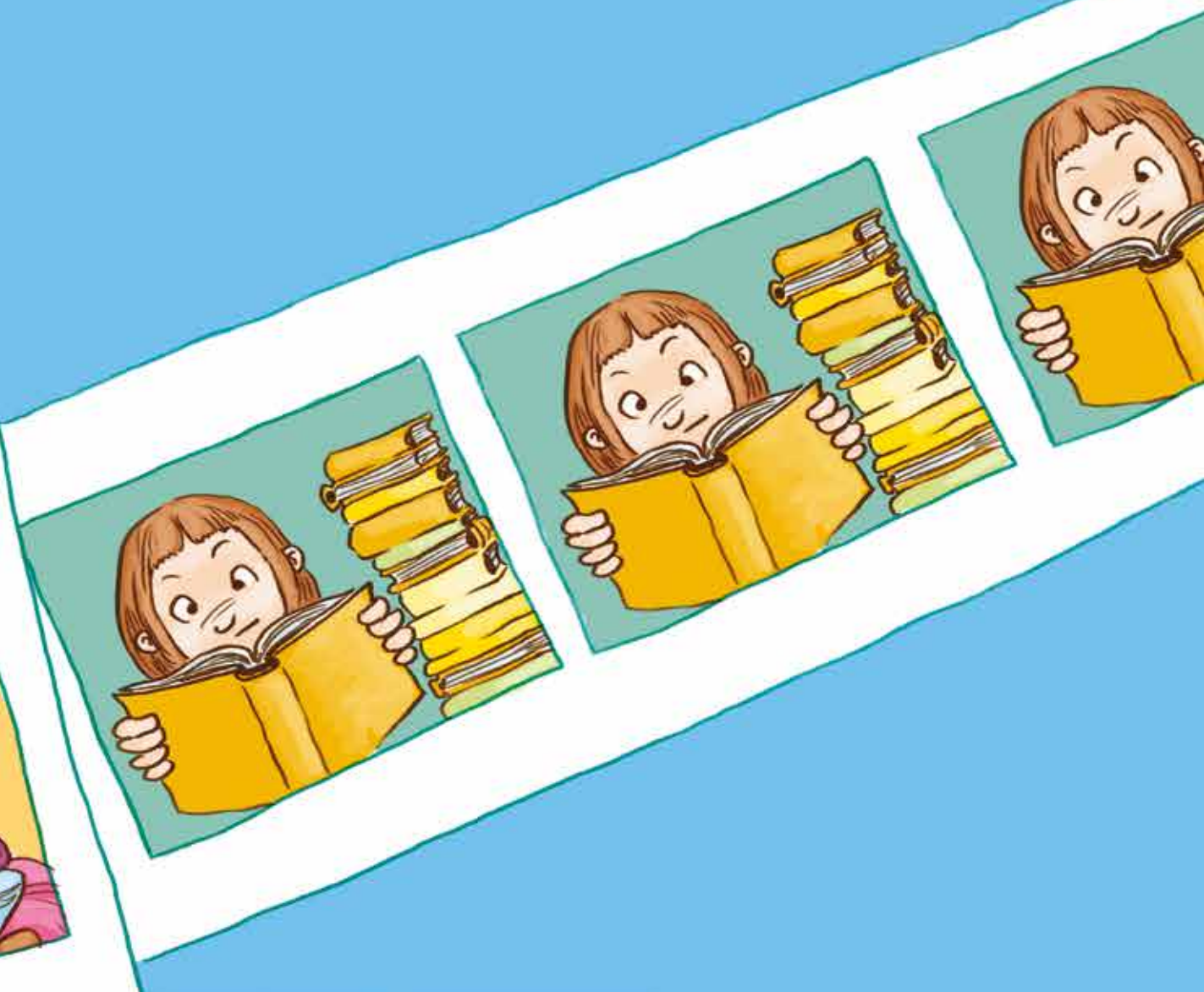
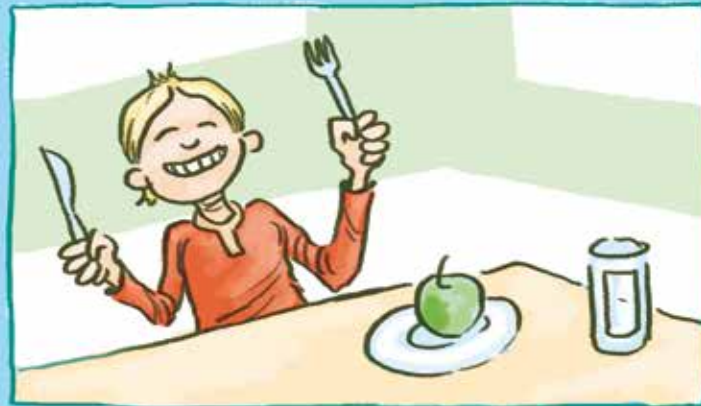


Did you know that some unhealthy habits can turn into addictions? Whether it is changing what you eat, being a bully or playing videogames; once you're hooked and can't stop doing what you're doing, it has become an addiction. Even things like a love of reading can turn into an addiction if it starts to get in the way of other things in your life.





And so it began. My plan was first to lose weight and then to get in shape. I started out making a few changes to what I ate and how much, but it eventually turned into a lot of big changes. I couldn't stop thinking about my weight and how important it was that I was smaller than all of the other kids.





Finally, tryouts were only a couple of days away. I couldn't wait! I knew that my dream was going to come true and Dad would be so proud of me! I just needed to keep my routine up and not let anybody or anything get in my way. It was the only thing that mattered!

