

Jamar Matthew 11:00pm -11:15pm 3-6-23

Throughout the years, some thing I've always been self-conscious about is my weight. I've always been seen by people as scrawny, and under weight. In order to overcoming this insecurity I decided to join a sports team in order to hone my skinny physique. This is very difficult because it took three years to see progress, and I still feel like I have a long way to go.