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They say a fit body is a path to a fit mind. Getting to experience this literally in the year 2015 was a turning point for me. Venturing into the arena of fitness, health & diet training with a group of friends helped me discover my knack for it. From a mere hobby, it soon turned into something much more meaningful. Since then, I have participated in events in my city and country and attended sessions for the same to ameliorate my knowledge. Having developed this passion over the last few years, I plan to dig deeper into this field, and the curriculum of (course name) in (university name) leads me to understand that this will be the best step toward the right direction in this journey.

The last few years saw me working tirelessly to upgrade my fitness with health and diet training turning it from a time pass activity to an activity where I went past the designated time to pursue this passion. Incorporating new, innovative techniques, I learned the intricacies of the fitness world. My fit body then gave me the impetus to try out different ventures to develop myself holistically.

I gained my first professional experience working in the domain of Environmental Sciences & Community Work, interning at the St. Michael's Sr. Sec. School at New Delhi, India. For a period of three months, I worked for four hours a week, teaching English to a group of 20 underprivileged children. I was also an active participant in the organizing committee member of the annual Fundraising activity and took part in the Literacy Program, imparting education to the underprivileged. The biggest learning came as I assisted in the creation of awareness campaigns about Cancer control. The urge to bring awareness to the need to be fit only grew stronger.

However, I changed course and joined Alpha Garments as a Partner. It was an export unit for manufacturing High-Quality Leather Garments. I was entrusted with the responsibility of overseeing daily business operations and developing and implementing growth strategies. Training low-level managers and staff, I learned to create and manage budgets, eventually improving revenue. I also recruited employees, evaluated their performance and productivity, and analyzed accounting and financial data.

With my fitness enthusiasm looming over my head, I felt inclined to pursue this field and joined Sports Fit, a Fitness Centre where I worked for a duration of three and a half years and trained people to stay fit and healthy. Giving them thorough physical training, the sole focus was to work on their quality of life, decoding their way to health and wellness. Delivering high-energy training using the latest techniques in exercise science, cardio programs and strength training, we focused on fitness, weight loss and nutrition programs for youth, teens, adults and senior citizens. The best part was these programs were fun, safe, extremely effective and tailored to individual needs. I developed my knowledge and expertise and became adept at assisting diverse populations

in achieving their fitness, weight loss and conditioning goals with élan. However, I wish to delve deeper into this field and take the notion of fitness a notch higher and deliver more elements to the platter.

With this outlook, while embarking on this journey, this curriculum seems to be the next step in that direction. Hence, I wish to pursue (course name) from (university name). I expect this program to teach me about methods to incorporate active lifestyles and explore challenges in the backdrop of a fun environment. Eventually, I plan to develop my teamwork, leadership and interpersonal skills, honing my decision making abilities.

Focusing on the need to maximize performance and endurance in preparation for events and competitions while lessening the risk of injury, I plan to identify strengths and weaknesses so that a training program can be individualized for everyone, from athletes to the elderly. Shortly, I see myself becoming an expert in the particular field of sports, fitness or health coaching, and this course feels curated to fit my preferences and requirements and will take me to new heights in my professional journey.

I know (country) has much more to offer to this field in terms of training and hands-on experiences. Owing to its friendly ambience and excellent education infrastructure, it is fast becoming one of the most preferred destinations for students seeking to pursue higher education. The cultural blending observed here allows students to mingle with diverse crowds and gather knowledge through a wide spectrum. I believe this will contribute to my sound working abilities.

It would be a dream come true if I were accepted into this program. I hope to get a position in this reputed institute and emerge as a successful student of your institution. I conclude this statement, seeking candidature in your venerated institution, waiting to forge a path ahead in the realm of fitness.

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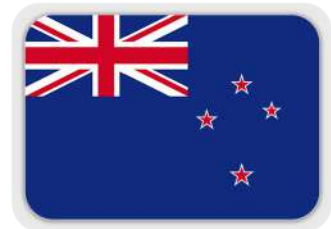
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