

As a juvenile life to parole sentenced youth
I can't help but wonder what I missed or am missing
As a result of my incarceration. Never having had a job
as a child what would I do? Regardless of your circum-
stances I think you grow into your passions. And the
last several years I've thought of this and realized my
dream would be to become a personal trainer. My passion
is working out / fitness. I have taken numerous courses on
this and have been working out six days a week for the
last 15 plus years. I have put together a fitness
regiment of over 150 exercises that can be modified
to be thousands of exercises. For everyone from young, old,
man, woman, advanced, beginners.

The reason I did this is because I not only
love fitness but because I see obesity being one of the
biggest epidemics we face, and I would like to help
people change their lives for the positive. What better
accomplishment in your life can you have than helping
people change their lives. And saving lives? I could see
nothing I'd rather do more. I firmly believe you get
back, what you put out in the world. And I think
people are capable of much more than they give them-
selves credit for or even realize themselves. I just
hate it took me, not just incarceration, but several years into
my incarceration to realize I have worth and can contribute
to the world in some form or fashion. Now I spend a lot of
time self reflecting & wonder & think of ways I can help
or lend a hand to anyone or thing I can.

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These are things that go through ones mind in long sentences. At least in part for those who use their time for betterment. Some dont want to change, which is their choice in life. But I realized early on when I began making small achievements in life & the satisfaction I got from accomplishments & the joy my family felt. It was easy for me to see I wanted that & not negativity.

And it is crystal clear to me if I got out today there is not an ounce of fiber in me that wants to be involved in anything criminal. There is so much more available in life, only a moron would want to live life like this. I believe change can be made, and a big reason for that is cause I see it in myself.

I cant help but wonder how juveniles are sentenced as adults or tried as adults. They can get married, smoke, drive, drink or watch rated R movies. For the reason of influence and lack of being able to make responsible decisions. But when it comes to crime few kids most children have no idea of the consequences, its a "I know damn the key" mentality.

Most people dont even realize this till its too late. Change is hard, but until change comes we must do all we can to improve ourselves. Even if nothing ever changes. Life is much better when you ~~do~~ live it w/ positivity, kindness and humility.