



### Pediatrics in Brevard Scholarship Essay

I have been a patient at Pediatrics in Brevard since I was born, and I have learned a lot from Dr. Kennedy. One main thing I have learned that had a positive impact on my life was the effects of sports on my body. More specifically the stress I put on my body from many years in gymnastics and then the transition to additional sports such as pole vaulting, diving, basketball, and softball. I started gymnastics when I was 6 years old and continued until I was 18. Dr. Kennedy taught me about how I was burning way more calories than other girls my age and talked to me about how I needed to eat many more calories than my friends not in such high-level sports. He also taught me about the importance of eating the right types of foods to fuel my body for workouts and competitions. Another topic that he spent a lot of time teaching me about during my visits was my level of flexibility and how that can impact my body and the injuries that can occur as a result. I did suffer injuries during those years, and he was always compassionate and understanding when helping me with plans to recover quickly but not so fast that the injury could reoccur. Each time I suffered an injury it was physically and emotionally draining as all I wanted to be able to do was work to improve and compete, but Dr. Kennedy was always there reassuring me that I would recover and get back to the same level I was prior to the injury. I no longer do gymnastics, but now participate in other sports and have taken all the knowledge and advice I have received through the years to keep me healthy and strong. Through switching sports, he has taught me about still keeping up with my activity levels and eating the right foods and amounts depending on what I am participating in. He has inspired me to pay more attention to how I take care of my body, especially when I am injured. His passion for teaching patients how to take care of themselves and heal themselves has inspired me to consider fields involving recoveries from injuries or illnesses. I plan to attend the University of Florida in the Fall and use all the lessons he has taught me to keep myself healthy and influence others to make positive choices.