

Mackenzie Saenz De Viteri

SJBDHS

10/28/21

What I Am Thankful For

This year I am thankful for my legs. They have helped me by allowing me to run and play sports. They are the gateway to my stress outlets, which I need, especially over this past year. I don't know what I would do with my legs.

During the beginning of 2021, I faced an injury to my pelvis, which left me in pain and unable to properly walk and run. Along with past knee and new ankle injuries, I was forced to sit out of most of my basketball season. This was crushing because I wasn't sure if I was going to have a season due to COVID-19, and when it did happen, I couldn't play. Sports, especially basketball, have always been an outlet for me. I am able to forget all my worries, let my troubles slip away, and play the sport I love. I need my legs to do this.

I've been taking my legs for granted this year, just expecting them to work when I need them. Through my injury, I was able to see my limits and see that I need to take care of my legs, and my body in general, I am so thankful for my legs, because they take me to my happy place.