

My name is Garrett Robinson. I have chosen to curate the theme of benefits of exercise for my first project. I have ten compositions that can be applied to this theme, and each underlined area will direct the reader to the site at which each can be found.

The reason for choosing this topic comes from my natural habit to be an active person. I can always be found at some sort of sports complex or in the gym exercising or training for whatever it is that I have set goals upon. More important than simply loving to exercise and be physically active however, is the fact that exercise can bring so many benefits to one's well-being. Physical activity helps improve both physical and mental aspects of one's body which is important for everyone. It's really simple to exercise too, because you don't necessarily need any equipment. All you need is some time, motivation, and determination. Generally, this is a tough obstacle to get around, at least at the beginning, but the benefits are so crucial to us as human beings as they can not only help us with certain problems, but also prevent such problems in the future.

As far as how this ties into the rest of my personal brand; aside from my general interests my studies also generally involve human biological problems. Right now, I am majoring in biomedical engineering, but I would also like to take my education into medical school to study radiology. Either way, my job will almost undoubtedly involve human bodies, and this will connect with the exercise benefits on the body.

Through my preliminary curation, I actually learned a decent amount. Because I exercise a lot, I have read up before on some benefits, but there was quite a bit more that I had never learned about. I learned a lot about the importance of doing certain exercises in the correct form to eliminate the possibilities of unwanted consequences. I also saw a decent amount of persuasive and informative elements in most of the compositions, so I will most likely use these

aspects for the genre analysis part of this project. A few articles stood out a bit more than the others, and those would include the *50 Reasons to Exercise* infographic, the song *Phenomenal*, *Inactivity: Why Exercise is More Important Than Ever*, and the TED-Talk, *High-Intensity Physical Exercise Will Boost Your Health*.

I feel that this theme, benefits of exercise, will be a perfect fit for project one because of how much I can connect to it and how passionate I am about it. I'm hopeful I can send a well-strung message to those who don't exercise or are considering it about how helpful it can be, and I hope it will be encouraging to those who do exercise to continue to stick with it!