

## Lab Exercise #1 Story 2

Before the pandemic basketball was something that brought me a lot of joy and something that I have done through high school and into rec leagues after high school. During the start of the pandemic and going forward it was increasingly hard to be in an indoor gym to play and now a lot of leagues have closed because of the pandemic and are not coming back. Not only was it something to do to stay active, but it was also something that I loved doing and was upset that the pandemic made it so difficult to play. With no end in sight, I decided to buy my own basketball hoop for my driveway that I always wanted but never got. My ability to get the hoop and play again in a safe way that I could control still gave me the joy of playing that was lacking when it seemed impossible to play. Though the absence of competition was still annoying the hoop still allowed me to play and get exercise and got me out of the house which I needed. Exercise is important for everyone, but I think especially during the pandemic with most things closed or limited especially in the beginning exercise made life feel less gloomy for me and helped my morale and feeling with all the unknown outside of the house. By gaining a at home basketball hoop and being able to play again gave me another sense of normalcy to my life that continued to make me feel better with all the bad in the world surrounding the pandemic. Though it is hard to replicate the feeling of competing with other people who love basketball like you do, like most things in the pandemic you take what you can get and make the most out of it. Being able to play the game I love even just by myself brought a lot of joy during the pandemic.