

Assalamu Alaikum,

My name is Masa Baghal, and for my senior project I researched the effects of physical fitness on adolescent mental health. I've attended Michigan Islamic Academy for 11 years and I plan to continue my studies at Eastern Michigan University inshaAllah. First and foremost, I would like to thank you in advance for taking the time to hear about my project. I became interested in this topic early in my junior year as I am fascinated by the multiple factors that affect human psychology.

I began this project by using self investigation, I wanted to test the waters. I would go to the gym on a daily basis expecting this tremendous change in my mental stamina. However, I found difficulty in allocating time to attend the gym in accordance with my school schedule. I researched and found more moderate methods of exercising that seemed to suit me. I began biking on a daily basis, ranging from 30 minutes to an hour. It was a recreational activity I looked forward to, and I found myself more focused when working on my homework. I loved having an activity that boosted my overall stamina and optimized my productivity. I wanted to relay this knowledge to my peers at school. Through all the research and surveys I have examined in the past couple of months I was able to further my knowledge regarding the relationship between adolescent mental health and physical activity.

Once again, I would like to thank you for your time and interest in my senior project. I look forward to hearing any questions, comments or suggestions that you may have for me. I hope to explore different areas in psychology in pursuit of becoming a psychiatrist specializing in adolescent medicine in the future.

Warm Regards,

Masa Baghal