

This I Believe  
by Carly Cento

I believe in the power of our feet. Everything we do in our lives starts with a single step. We walk, we run, we go places. Our feet allow us to do anything and everything; even the things that we may find unreachable. But the strength in our feet evoke great ambition within us to carry on our lives.

I came across this belief when I was training for half-marathon in the early spring of my senior year. My feet carried me through five-mile runs each day, alongside my friend Krissy. Due to the narrow side of the road, Krissy would follow right behind me as we battled through the not-looking-forward to five miles. At the end of one particular run she looked at me and said "Running behind you is so motivating. Just by watching your feet run, I did not want to stop".

This echoed in my head as I started to appreciate how far my feet have taken me. After grueling runs and workouts my feet and I can now run for hours, instead of only minutes. And now each time I run, I stare down at my sneakers and believe that I can run as far and long as I want to. After completing my first half-marathon of a long 13.1 miles, I realized that my feet will take me where ever I want to go in life.

Likewise, I believe in the Italian saying "un passo piu vicino", which in English translates to "one step closer". Each day we set out on a journey to reach our goals and make something of our lives. Whether its the goal to help others, to make a living, to invent something, or to get more active, it all begins with one single step. Once we get up off the couch and onto our feet, we are able to take life on, one step at a time.