



THAT MOMENT CHANGED MY LIFE.

I was depressed. I knew that my swimming career was damaged and all I could think about was what I was going to do. I wanted to go home to Hawaii.

Two weeks after my accident, I came to REHAB Hospital. I could barely move the left side of my body. The doctors and nurses took care of me and the therapists were outstanding. They helped me to see this as another obstacle that I had to push through.

I remember the day that I could feed myself. It's a small act and yet a great feat. It was fulfilling to do this one thing for myself. It was the glimmer of hope that I needed to press on. From that moment forward, I wanted to do more. I wanted to get better.

I believe in never giving up. I learned to look on the bright side of things. I realized how much I loved swimming. And, now no one has to force me to do the everyday mundane things I hated as a kid. The simple acts of brushing my teeth, eating and showering have never been so gratifying.

