

*My
Influential Relative*

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A panoramic view of the Chicago skyline at night, with numerous skyscrapers illuminated against a dark sky. The lights from the buildings reflect on the water in the foreground. A white diamond shape is drawn on the right side of the skyline, highlighting a specific building.

Who is my Influential Relative?

My influential relative is my 2nd older brother Julian Joseph Jacquez or as my family likes to call him 'Boogie bear'. He is now seventeen years old and is finishing up high school at Curie HS. He is now hoping to get accepted into West Kentucky University for college.

We call him Boogie bear because when he was a baby he looked like a little fluffy bear

Why I chose him...

12 years old



17 years old



To

I chose my older brother Boogie because he inspired me to get in a better shape for my health and just to be happy in general. When he was my age he weighed 190 lbs which is more than me but he lost a lot of that weight and now he weighs 178 lbs. (Most of that weight is muscle)

When was he born?

Boogie was born on March 17th 2001. Which is pretty cool because that's on St. Patrick's day, he still lives in Chicago but if he gets accepted into the college he wants, he will be going to West Kentucky for awhile.



Who encouraged him to continue for so long...

When my brother was my age he had everyone telling him to lose weight so he did. But what really scared him was his doctor telling him that if he didn't lose the weight he will become diabetic. So he decided to change that for good by joining ROTC in his middle school years and the first two years of his high school years. As far as I know he did most of it by himself because he was determined like he always was and always will be.

Why did he do what he did?

When Boogie was twelve years old he weighed 190 lbs and was overweight. So he wanted to change that by losing the weight throughout the span of five years. He also lost the weight because like I mentioned his doctor said that if he didn't lose the weight he will become diabetic, and will need to take a needle type of medication to control it until he lost the weight.



DIABETES

How long did it take? What affect did it have on me?

Boogie started to work out when he was twelve years old and he is still working out everyday since. So he has been working out for five years and is getting great results, he is still working out but he is also bodybuilding too. This made me feel like I can do the same thing because he was heavier than me at my age and he lost all that weight. So that makes me feel like I can too.

How he looked at twelve years old



How he looks now at seventeen years old



Thanks for listening

Goodbye