



Amira's Apple

by Khawla Hf



Amira, a 22-year-old journalism student, was always on the go. Her days were a whirlwind of classes, projects, and late nights fueled by caffeine and fast food. The bright lights of the city blurred around her as she rushed from one commitment to the next. She often skipped breakfast, promising herself to eat better 'next week'.



One morning, rushing to class, Amira felt a wave of dizziness wash over her. The world spun, and she stumbled, clutching at a nearby wall for support. The vibrant colors of the campus seemed to fade as her vision blurred. She felt a growing sense of panic.



Her friend Sami, noticing her distress, rushed to her side. He offered her a bright red apple. "You don't have to change everything at once," he said with a smile. "Just start small."



Taking a bite of the crisp, juicy apple, Amira felt a surge of energy. The sweetness was a welcome contrast to the usual processed food she ate. That day, instead of taking the bus, Amira decided to walk home, enjoying the fresh air and sunshine.



As she walked, Amira noticed the world around her – the blooming flowers, the singing birds, and the friendly faces of her neighbors. She realized that small changes could make a big difference, not just in her health, but in her overall well-being. She smiled, feeling a renewed sense of hope and determination.