

## Fitness Inspired Success Story

Start weight: 135

Present weight: 125-30 (fluctuates)

*Daisy's Story: I weighed over 200 lbs. back in the 70s with my first pregnancy. Over the years I started walking everyday; sometimes in those days I pushed a stroller with baby and wet diapers in tow. I would do this at least twice a week. The other days I would carry the baby on my back (baby carrier).*

*I started eating at least 4 small meals/day. By end of that summer I was down to my regular weight of 125 lbs. I was able to wear my summer clothes and even wear shorts without feeling embarrassed about my legs.*

*To this day, I'm still walking at least 4-5 miles/day. I usually start at 5:00 o'clock in the morning and head to the Veterans Park (Sanford) with a flash light as my guide. On the weekends the family heads down to the Midland Nature Center and walk the trails there.*

*We just started the Girls on the Run program at the Academy; we will be walking/running at least 4-6 miles/week if not more.*

### Motivation:

*I didn't feel good when I was over weight. I used to fall a sleep early in the evening; and sometimes I couldn't get out of bed in the mornings because I was always tired. I would drink 4-6 cups of coffee/day to try and stay awake.*

*Plus, my husband told me I couldn't buy any new clothes unless I lost at least 50 lbs. The more I walked the better I felt good physically, mentally, and emotionally.*

*Plus, I was able to wear my bikini again without feeling embarrassed about my huge body.*

*The Plan: I exercise everyday. Sometimes I carry weights with me for strength training. Yes, I have changed my eating habits; I usually eat 4-small meals/day. I eat lots of fresh veggies and lean meat. I try to eat organically as much as possible.*

*I'm a member at the Green Tree Co-operative Groceries; that's where I usually go for lunches and get my snack foods there.*

*Goals: I will never stop walking; because that's my life style now. As much as I have walked all my life; even as a child I think I have walked around the world by now. I have been walking for 60 some years.*

*Advice:*

*Make a habit of walking everyday; especially early in the morning; because that's the best time. You don't get the interferences at that time with the energy system.*

*Plus the early morning air is fresh and clean.*

*I also started singing while I'm walking. I have learned so many songs while walking.....*

*Miigwetch.*