Profiles in Wellness

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It was the prodding of my grandchildren to join in their activities that made me realize I was totally out of shape. When my husband and I tried to solve our sedentary empty nest syndrome with an energetic little Jack Russell terrier, my grandchildren would ask “Grandmama, why can’t you help us catch your dog?” I was completely out of breath puffing after trying to run just a few yards.

I decided that in order to keep up with my grandchildren, I would have to make some changes for myself and my husband.

Out of the kitchen went the fattening snacks; in went fresh fruit. We even learned to like a bowl of oatmeal in place of a supper plate of fried chicken, french fries and buttered biscuits. Olive oil has become a staple and nutritional almonds have replaced caramels for snacks. My husband and I began walking at least 30 minutes daily and working out at the fitness center, a routine we incorporated into our everyday schedule.

With a few shed pounds and improved nutrition to keep me energetic, I’m ready for the grandchildren’s’ challenge now!