

Carrie

Date: January 14, 2009

Diamond Fernandes / Kristal Kiland
Heart Fit

Dear Diamond and Kristal,

Today marks six months since I began exercising at Heart Fit. To state that accomplishment for myself is something, however it only tells part of the story, because 6 months ago today I also made the commitment to change my life.

Finding out I had high blood pressure at the beginning of June was more than an eye opener. It made me come face to face with the fact that I'd been playing a game of roulette with my health. When you are younger you feel you are immortal, invincible even. But in January of last year I had turned 50 and had to face facts that the game I was paying had dangerous consequences.

Coming to Heart Fit was empowering for me, as I felt let down by the medical community. Realizing that our health care system is set up ONLY to deal with crisis and not prevention was a sobering discovery. Even more sobering was having the carotid IMT done and realizing that changes were happening inside my body. If I did nothing to change my ways, my quality of life and perhaps even my life itself could be affected. The thought of becoming infirm, dying young or living out the rest of my days ill is not something I wanted to happen.

Luckily for me, I found a place to make these changes! I also found two highly educated people who have a zest for life that is contagious! The program itself, consisting of educating me about my heart and how my body really works plus the proper way to exercise was a real eye-opener for this English major. Science was not my forte! However, I have a zest for knowledge so learning how things work appealed to my orderly mind, and instilled an interest to me. Okay, I guess you could now call it an obsession, as I feel the need to spread the word of what I have learned and to exalt the praises of the Heart Fit Program.

I know I have a long way to go. There's a lot of weight to still come off this body. But the fact is I'm getting healthier and stronger because I've become more active and choose to move my body instead of being sedentary. While the winter days are proving to be a struggle for me to maintain activity, I am having open dialogue with myself to not slip back into my old ways! And yes when I talk to myself, I do answer back!

Thank you so much for being a part of my life. You will never know how much it means to me, but I suspect my family will benefit from it as will I.

Sincerely,

Carrie