

# One More Chance

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I'm happy to say that at the end of the Healthy Weight Challenge #2, more people have told me that they have been exercising. So for the rest of you, this is my last chance to inspire you.

While traveling recently, I met a woman who worked for the National Institutes of Health (NIH). I proudly told her how I have been involved in a program at Marquette General for patients who are trying to get stronger after battling cancer. Through the Hope Cancer Rehab program, I educated, inspired and empowered cancer patients through exercise. My clients were learning to eat healthier, start an exercise program, experience support group sessions and had the opportunity to hear speakers talk about spirituality, fighting fatigue, learning how to relax, and topics on yoga and tai chi. The woman from the NIH made a comment that I will never forget. She said, "Isn't it too bad that we have to wait until we get a serious illness to become aware of what we can do to improve our health right now?" I thought that was a very profound statement.

I have mentioned before the power we have within ourselves to improve our own health. I don't believe anyone wants to have heart disease, increased risk of stroke, diabetes, arthritis or a myriad of other ailments, but we can reduce our risk of getting these illnesses simply by improving our own health.

## **PATH Program**

The Personal Action Toward Health (PATH) program developed by Stanford University was designed to help people with chronic disease share similar concerns and to develop skills to make lifestyle changes. The six-week program includes topics on learning to develop nutrition and exercise plans, how to manage emotion and communication with family and healthcare providers and how to adopt a healthier lifestyle. This is a wonderful opportunity to have a guided start on the PATH to a healthier you. To learn more about the classes, contact (906) 225-3405.

Please consult with your physician before beginning an exercise program.