

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.