My journey has started!

I recently won a "Shape Up For Summer" contest with our local radio station, with the prize being a 3-month membership to a local gym, a consultation with a personal trainer, a 4-month membership to a local yoga studio, numerous massages and facials, multivitamins, a haircut/style and some other odds and ends. I can't tell you how instrumental this was in jumpstarting my fitness routine (even my hair was out of shape as I hadn't been to a salon in about 4 years). After 2 months of hitting the gym (not even as much as I'd have liked), routine walks around a challenging 2-mile path, and regular weekly yoga classes, I'm happy to report not only have I lost 10 pounds, I've also brought my daily diabetic sugar averages down by about 25 "points". I'm so excited to see what my next 3-month average (A1C) is. On top of that, I was able to donate 10 inches of my hair to Locks of Love.

One funny point: On my second visit to the gym for my first official work-out, I drove into the parking lot and saw about eight cars. Being so self-conscious about going in, I drove right through the parking lot and into an adjacent lot. I thought about it for a few minutes and got up the nerve to go back and get my work-out in. As I walked into the building, there was only ONE other person inside working out! What I soon discovered was the other cars were at the sandwich shop next door! It just goes to prove, things are not always as they seem. I'm so glad I decided to go in and have been going strong since.

Even though the contest is coming to an end, I've gained some immeasurable knowledge. I've adjusted my meals and am now eating small meals every two hours (it takes a bit of planning, but does wonders for keeping my sugar levels consistent). I am working out in some way every day (whether it's at the gym, walking for exercise or yoga) and am committed to taking care of myself.

My promise to myself: By the age of 50 (which will occur in 16 months), I'll be in the best shape of my life. My journey has started!

Brenda Thompson, Secretary
MSP Gaylord, Petoskey Detachment