

## Committed to a Healthier Lifestyle!



I work in the Cadillac Place Building in Detroit. During my lunch hour, I walk up and down 16 ½ flights of stairs. My co-workers join with me at times. I started out only doing eight to nine flights but then increased it all the way to the top. I sometimes start on the Concourse level or either on the Lobby level. I had to get used to it, but the benefits are amazing! One time instead of walking all the way up and then down, we repeated the up and down



motion with just a flight of stairs. That was something else. I stretch for about five to seven minutes before going down the stairs when I walk up the full 16.5 flights. I also perform jumping jacks, run in place, and simulate jumping rope on the landings. I also work out three or four days a week at the gym after work. My focus for the month of October was on cardio. I have been watching my portions, eating healthier and drinking more water. I have lost inches, as my clothes are fitting better, and have dropped a pants size. I also like to attend stretch and tone, basic step aerobics, and Zumba classes. I am looking forward to resuming my weight training. I am now trying to do planks for thirty days, increasing the length of time I am in that position, to strengthen my core.

I enjoy working out as it has boosted my confidence, not that it was low in the first place. LOL. I am committed to a healthier lifestyle.

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