

## Feeling Differently!

My mother passed away with multiple health issues and the older I get it seems I am looking to have the same problems. My foot doctor said I had a heel spur; and I was having a lot of pain in my heel and in my leg. I had planned to have surgery but spoke to my primary physician first. She said not to do it, that I would have more problems in the future. I was angry at first but decided to listen to her. I am overweight and dreaded having my weight taken when I went to the doctor's office. I was tired and in pain too.

A friend invited me to a new fitness place that had **ZUMBA** classes. She had started and wanted someone to go with her to stay motivated. She said it was fun. I started going to the classes and I love it. I try to go to 4 classes a week. They are an hour long and we really move!! A new young lady came in one day and asked me if I thought that these dance classes would really help with weight loss. I said "Yes, just wait and see!". Before the end of the class she had to take a break.

I have been going for about 4 months now and I have lost about 4 pounds. Many people have said that I look different smaller, but most of all I feel different, and my clothes fit differently!!



Cynthia Williams, R.N.  
Michigan Department of Community Health  
Hawthorn Center