

OH

M A G A Z I N E
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"Happiness is when what you think, what you say, and what you do are in harmony". – Mahatma Gandhi

Dear OH Readers,

I was walking on my treadmill the other day, thinking about my yesterdays and daydreaming about my tomorrows. I stared at the digital display as it counted the minutes, distance, and calories representing my great walking expedition to nowhere in particular, and I thought about the years and days in my life when I have had to start all over again, adjust to the challenges life threw my way, and how there were times when I was sure that I just couldn't jump that next hurdle. Yet, somehow, with support, friendships, and determination, I did. I have come to learn that sometimes when we fall in life, we fall hard, but our tomorrows, our New Year, bring opportunities for new beginnings, new relationships, and new goals. We are never held hostage by old behaviors and previous life lessons. We have the choice to walk forward and to not fall back, on the treadmill, and in our life journey.

As 2011 begins, and we celebrate the past year and the year to come, we have the opportunity to embrace our past, to start anew, and to take that second chance, to strive to live longer, happier, more energetic lives. We deserve to be happy, to be loved, and to be healthy. It's a new day, a new year. Walk forward with confidence. You can accomplish any goal if you set your mind to it. Wishing you and yours good health and happiness in 2011 and always!

All my best,

Tammy J. Colter
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