

OH

M A G A Z I N E

MAR/APR 2009

Dear OH Readers,

In my younger years, I was all about being fit and active. Not on purpose, mind you. My curiosity coupled with my seemingly unlimited energy, kept me on the go. I was a mascot or cheerleader ever since I could form sentences and gymnastics, baton twirling and dancing were my sports. I tried other physical activities such as track and softball, but didn't have much luck there. As a member of the Texas Purple People Eaters softball team, I was most often swinging at the air and the softball seemed to find a way to hit me in the head or legs more often than not. When running track, I was sure that I would be a star. After all, my little sister was making the headlines and breaking records. As for me, well not so much. Maybe I should have given up track the day that

I passed out three feet from the finish line when running the 440 yard dash. Of course, my high school crush was in the audience and I was out to impress. I ran so fast until those final three feet and then everything went into slow motion. I remember laying there on the track, a few moments earlier the leader by far, watching every single runner pass me by and then I was out cold. That was the only day I was thankful for smelling salts.

Here I am, a few decades later, having learned many life lessons and being fit and active is more of a challenge than ever before. My body has changed and I don't have that same boundless energy. I have different fitness aspirations now and pushing myself to take long walks has become my sport. This year, I am taking on my personal goal to add other physical activities to my exercise regiment. Editing this issue of OH Magazine has made me determined to sign up for a fitness class this Spring. (See page 16, Choosing the Right Fitness Class.) And who wouldn't be inspired when reading the article, Anything is Possible by OH community member, Dan Benintendi? In The Core Truth, Jeremy Gentles, CSCS writes about the truth behind the hype of what is generally thought to be "core training." These are just a few of the great articles within this issue of OH Magazine that focus on fitness. You can read more articles of interest and talk to other OH Members interested in exercise by visiting the OH Exercise and Fitness Forum. Just type in the keyword "Fitness" in the online search engine at www.obesityhelp.com. **Have a healthy and happy Spring!**



All my best,

Tammy Colter
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