

The Importance of Health

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I spent the biggest day of the year in our town tying water balloons all day in the sweltering heat and tonight I'll be officially finishing my last ever college assignment as an undergraduate. Surprisingly, I'm not feeling that natural euphoria I thought I would be. It's probably because I'm still staying really busy working in the Pope Wellness Center in the Fitness by Design community program, tutoring, and guess what...preparing to go to Washington again.

Our school is sending five students to another Washington seminar series, The First 100 Days of the Obama Administration. I got the chance to go again when two spots didn't get filled. I'll be blogging again, so I will keep the town posted if you care to read.

What I really wanted to talk about was the Fitness by Design program. The program is a regionally focused initiative developed by Mount Olive College that targets low income, families from Wayne, Duplin and Sampson Counties that are at a high risk for obesity, cardiovascular disease and diabetes. The program includes three fitness components: exercise, nutrition and social involvement. I've mainly been working with one client so far, and she's been working really hard, has a great attitude and is already feeling a lot better.

Health really is important. The way I look at it, you can buy material things, have a lot of money, but with bad health you can't enjoy any of those things. In America, you have health problems and you potentially go broke just trying to stay alive. So not only does it matter just for your general wellbeing, it makes a lot of financial sense as well. It's never too late to improve yourself.

Have a great week.