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Agency: Blind/Visually Impaired
Commission

Most of my adult life, I've been able to eat whatever and as much as I wanted with no weight gain. I had been quite physically fit, walking, running, carrying heavy objects, all without getting winded. I'm 53, 5' 8" tall, and my weight used to hover around 150 pounds.

However, after the age of forty or so, life began to catch up with me. My weight started creeping up without realizing how much I had gained. Age, technology (computer) and television have all played a part in my inactivity and weight gain. I was blown over like a fall leaf when my talking scale said, "Your weight is 183 pounds!!" Also, by my teenage son looking at old pictures of 'skinny dad' and commenting on the difference from then to now. I knew then and there that I wanted and needed to be more like the younger me!

So, I started taking long walks, slowly at first. When the opportunity arose to purchase a used treadmill for the cold winter months, I did just that. To get the full effect, I put the treadmill on a full incline and set the speed for "fast walk." In the winter months, I walked for at least an hour, three nights a week. As soon as I hear the birds chirping in the mornings and the weather gets warmer, I begin to dread the tread (my friendly "dreadmill") and I head outside to feel the warmth of the sun and work up a sweat. I walk about 7,000 – 12,000 steps, three days a week, listening to one of my playlists (in my pocket as I need to hear traffic and the sounds my cane makes as I walk or run by parked cars). I have even started running along a two block curb of an up-hill street where there is little traffic and no parked cars.

The last time I got onto the scale, I weighed in at 169 pounds. I am on my way! Unfortunately, the weather is turning colder so it will be back to the "dreadmill" for a few months. I really don't look forward to the treadmill that much, but I have to keep in mind, after all, it was that "dreadmill" that got me back into the routine of fitness.

I believe that it is more difficult to actually get started walking than it is to maintain a walking program, because once you start walking you will get to where you look forward to walking. It's also a great way to clear your mind of the work day, relieve stress and feel relaxed.

