



Success Story Title: LaVina Force walks from Michigan to California (and back again)!

Location: District Health Department #10 (Newaygo County)

Focus: I began keeping track of my daily steps on December 25th, 2004. Then in April of 2005, I started keeping track of both the steps and the miles those steps added up to. I was amazed at how quickly the steps turned into miles. By December 25th, 2005 I had walked 1009.77 miles. That started my addiction with walking. Each night I write down how far I go during the day.

Strategy: When the grandchildren come to visit I take them for a walk in our woods. In the spring I plant vegetables in containers and instead of using a hose to water them I fill empty laundry soap jugs with water and carry them to water my plants. This gives me strengthening exercises as well as some bending, stretching and walking.

I purposely arrange things in the kitchen so I have to take some steps to get to them. I park farther away from a store so I have to walk farther. I also check out all the clearance sale racks in a store to get bargains, but also add steps. I help getting the wood up from the woods for our heat supply, then help load it in our pick-up truck and unload and stack it.

I also had a job that forced me to walk a lot plus gave me plenty of strengthening exercise. I walked nearly 10 miles a day some days on that job.

Outcomes: In the past nearly 5 years I have walked 5,568 miles! That's like walking to Los Angeles, California and back again!

Story Submitted By: LaVina Force, WISEWOMAN Participant
District Health Department #10 (Newaygo County)
Cheryl Griffin, Lifestyle Counselor
1049 Newell
White Cloud, MI 49349
231-355-7531
cgriffin@dhd10.org