



Getting Real and Staying Steady

(submitted by Shanna Hammond, Public Health Delta Menominee)

Pat Jones has been a WISEWOMAN client since 2004. Through the years she has set (and met) many goals to improve her lifestyle. This year will be Pat's last year with WISEWOMAN, and before she leaves we wanted her to share some helpful tips that have made her so successful over the past six years.

Question: Like many of our clients, you're very busy. How have you been able to take the time to make your health a priority?

Answer: I do real things, that I can do everyday. I started taking the stairs. The first couple of times I got to the first landing and was short of breath, but it got easier every time. I didn't let myself get discouraged.

Question: How did you meet your goals every year?

Answer: Set your own goal and stick to it the best you can. Find those things you like. Push when you can and rest when you need to. You gotta get pumped up about it, and do what you can do. Don't give up, and that's with everything.

Question: Along with improving your diet and exercising, you also quit smoking. How did you do this?

Answer: When I quit smoking, I was in charge. Those cigarettes were not in charge. You have to want it really bad. I did it my way. I set limits, 1-2 per day. I prayed. I was scared. I kept a pack on my microwave for a year and then just threw it away. I decided-This is my time.

Question: You were really active in all of the walking groups and other classes the WISEWOMAN program offered. What advice would you give someone who is thinking about coming to a class?

Answer: The walking groups are great. Everyone there helps each other and gives tips. I have asthma and allergies, and I'll never be a power walker. But you don't have to keep up with everyone else. Each week I went a little further, and by the last week I went all the way around. Just do a few steps more, take your time, and don't push it.

Question: Any other advice for WISEWOMAN clients?

Answer: I wouldn't be who I am today health-wise, without this program. You're never too old to be taught knowledge for you and your family. This isn't just for you, you pass this on to your family.

"I want to live healthier and live a good life, and be there for my grandkids."

