

This story is not unique, many will relate. In my early 40's, I had some health concerns that I was ignoring! As a fitness professional I was instructing my clients they should "do what I say, not what I do"!!! Much of that attitude came from a feeling that I was young and invincible. My lifestyle reflected:

- Early mornings (4am), long workdays (12-15 hours), and long work weeks (6-7 days) resulting in:
 - Poor nutrition (fast food), lack of aerobic exercise, and little sleep (my target goal was 4 hours per night).
 - Additionally, I picked up the habit of drinking several cups of coffee late into the day (up to 5pm).
- Physical effects included:
 - Exhaustion (I even fell asleep one time sitting behind the wheel at a traffic light at 2pm).
 - My rate was constantly pounding to the point that I could hear it in my ears. My head and chest pounded when I laid down at night.
 - On more than one occasion, I thought about going to the ER to have my heart checked. I felt restless all the time.

(Reviewing "Sleep Logs" from the June Challenge, it looks like many of you can relate.)

Around that time, a member of our community suddenly passed away (heart). I did not know him well and am not aware of his health history. My perception was his physical health was better than mine. Our kids were in the same class, and I would see them at school events throughout high school. I saw a family missing a father and a husband. I thought about what was left behind, not seeing your children grow up and eventually not seeing your grandchildren. I know this sounds dramatic but for some reason this really hit home with me.

My first step was finding a doctor. Of course, I had not felt like I needed one or had the time to go. My initial physical reflected my "hidden" concerns:

- Overweight, high blood pressure, high blood sugar (prediabetic range), and low HDL (good) cholesterol.

When treated properly, the human body is capable of amazing healing powers, I practiced what I preached and surprisingly it worked!

I was lucky enough to get that wake up call and proactive in taking appropriate action steps including a review of my health with a doctor, and using the information to form a wellness program that improved my health.

