

https://www.youtube.com/watch?v=ubTjIFQ_3ng

Finding my center

From the series "My health story"

I was 250 pounds. My cholesterol was 224. And prior to that, I had been very good at burying my head in the sand. That number was the first spark of saying, "You've got to do something. Are you just going to let this happen to you?"

To acknowledge that you needed help, that is a huge step in compassion. Because we all like to be so strong. Katherine, my Aetna health coach, she helped me. Her consistency and her kindness - I could count on those.

I was still so mad at myself and so ashamed. She talked me down off those ledges and set my compass. And I had to develop new habits.

I still have that few pounds to go. But I love that my body is responding to my kindness. That's what brings me joy.