

## Becoming Healthy

Every day is a new, fresh beginning. I have to remind myself of that when it comes to getting healthy. I want to stop yoyo diets. I want to do what it takes to truly live healthy. So, I need to take a deep breath and start again.

I have started working on becoming healthy. I am addicted to Diet Cokes and Caffeine. I have stopped drinking caffeine for the next three weeks. I am drinking water, all day, every day. Now the next health question facing me is: "To exercise? Or not to exercise?"

As I pondered this question, I read an email from Governor Jay Nixon regarding the Governor's 100 Missouri Mile Challenge. The challenge is an initiative to encourage Missourians to complete 100 miles of outdoor of physical activity by the end of the year.

To date, more than 250 businesses and over 13,000 Missourians have already committed to completing the Governor's Challenge. We want to add to these numbers by getting outside and getting healthy. It's easy to participate. Whether it's a stroll outside during your break with a fellow co-worker or a bike ride on a trail with family and friends, you can log your Missouri Miles on the Challenge website and share your experience on the Facebook page as you strive to reach your goal!

I thought about "Why should I join the challenge?" My conclusion is that "It's good for me." It's an undisputed fact that physical activity is good for me. I don't have to run a marathon to enjoy the benefits of movement. Weight loss, cardiovascular improvement, and better flexibility are all side effects of getting outside and enjoying the warm weather.

Perhaps the greatest benefit of the challenge is the fun that comes with it. Whether I walk, run, paddle or roll, I do not have to be a kid to enjoy the sun on my face and a some fresh air. I think it will be enjoyable. Or at least I hope so.

So, will you take the challenge with me? Let's work on becoming healthy. It's easy to participate. Whether it is a stroll outside during your break with a fellow co-worker or a bike ride on the Katy Trail with family and friends, you can log your Missouri Miles on the Challenge website. You can go to [100missourimiles.com](http://100missourimiles.com) to see the challenge.

So, let us pursue better health and fitness this year. Let us have one mission to get Montgomery County moving in the beautiful outdoors. Join me today as we all strive to complete 100 Missouri miles. So, lace up!! ■