

Road to a Healthy Life

By Walt Peterson

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When I retired in 2007 I was 64 years old. Six months later I was diagnosed with colon cancer and had 12 inches taken out of my colon. It was stage 1. My doctor told me to lose weight and exercise. I started lifting weights and walking and running with my dog Rocky. Now, nine years later I am walking and running 4 miles in the AM and 4 miles in the PM. Rocky used to go out with me twice a day. Now he is with me just in the morning. He is trim and doing well for being 20 years old. Running and walking all these years has kept him fit.

When I started working out, I was 5'7" tall and weighed 214 pounds. My blood pressure was 160/98 and I had borderline high cholesterol. I slowly built up the miles that I walked and ran each day and lost approximately 2 pounds every month. Five years after I started working out up until now my blood pressure has remained near 102/62, and my weight near 123 pounds. To maintain my good health I eat small portions, very little snacks and sugar, and healthy food. The keys to these changes are will power and a healthy lifestyle. I have been cancer free for nine years, and my dog Rocky is still walking with me at 20 years old.