



My husband and I have been ***in motion*** for years..... We walk around our neighbourhood daily and at least once a week we park by one of the bridges and walk across the river and then back on one of the other bridges depending on how much time we have. We even take our 8 yr old Grand-daughter Asia on our walks when she is in the city and she loves it. In the winter we go to La Paz Mexico and walk for hours along the Melecon, which is a walkway along the ocean. If we ever have to miss a day of walking it feels like we are really missing out on something. So once you get in a habit of exercise or walking like we do, it's for life!!!

Thanks for taking the time to read my story.

Sincerely,  
Ron & Verna Shoemaker