All Because of a Walk

Never underestimate the power of your walking.   Last weekend I had two really neat things happen, all because of a walk.

First, I cut my finger on a mandolin slicer. (No, that's not the neat part. Trust me on that.) Because of the people I've met over the years while walking, I was able to text two neighbor-friends (Heather and Donna) for assistance. I wasn't sure which one would be available and not squeamish, so I sent out a plea. Both responded! Both helped get the wound to stop leaking (that's the term for the squeamish readers), and helped get me bandaged. When you're right handed, it's hard to bandage your right hand. And I'll be honest: I'm wimpy. Both friends said they'd have their cell phones beside them all night, so if I needed anything, I was to call. Do you know your neighbors well enough to ask for help like that? All because of a walk.

The second neat event of the weekend was Heather walking her first 5k race. Michele and I signed up with her. Tessa did too, but she signed up as a runner with her friend who came to visit. Heather started walking in the spring. Sometime in the summer she mentioned she wanted to do a race one day. She walked all summer in the heat and Ohio humidity – she was dedicated! Heather's goal was to complete the 3.1 miles in an hour. She shattered that goal coming in under 53 minutes for a personal best! That is so exciting! And guess what?   I already know three people who saw what she did and have said they want to do that, too. How awesome is that? All because of her walk.

Never underestimate the ripple effects of your walking. Because you smile and say hello to someone at a Walk with a Doc event, they might want to come to the next one.   Because your neighbors see you walking, they might be inspired. Because your children and grandchildren see you making health a priority, they might grow up not taking their health for granted. Because your significant other sees how much fun you have walking, they might want to join you. All because of *YOUR* walk.