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personal Training

PARKINSON'S
& BEYOND

THOUGHTS ON A GRADUATION

My middle daughter graduated from college. It was a great weekend, and we are so proud of her!

Of course, the day consisted of quite a bit of walking. We walked to the top of the hill where the graduates gathered in advance of their ceremony.

During the ceremony, we had to stand on that hill for about 30 minutes, waiting for the graduates to walk down the sidewalk and into the stadium. The sun had come out, it had rained earlier that day so the grass was a bit muddy too.

We walked down the hill to the stadium. Once in the stadium, we walked up stairs to get to our seats.

I was thinking of life's milestones. How we all love to be there and participate. See family and friends. Help celebrate.

The ability to withstand these types of events – not to mention the travel involved in getting there – depends on strength and stamina.

Strength and stamina decline as we age unless we actively offset it.

What is still on your bucket list?

What do you love to do?

What enriches your life?

How many deposits have you made lately into your longevity account?