



60+ AND GOING STRONG: Walking to a Healthier You...

Janice M. Lauderdale

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Hi my friend, I woke up one morning with pain shooting down my legs. My back and knees began to hurt. I had a serious problem and I was determined to do something about it. I was 50 pounds overweight and climbing. I was taking blood pressure medication daily and my entire appearance looked like a big blimp. You must be looking at this book because you are seeking the answers I found on my miraculous journey back to health. SOMETHING SPECIAL ABOUT WALKING THE FIRST STEPS TO REJUVENATION I started walking in my neighborhood one day, and after two blocks, my knees buckled. My back, legs and knees were so gripped with excruciating pain that I nearly crawled back home. Knee Problem When I went back to the doctor, he suggested that I desperately needed the knee surgery. I didn't have only one, I had two at the same time. As a Baby boomer, I was committed to taking care of my mother.

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