

# Lola's Life Lessons: Session 3

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One of my favorite proverbs is:

*“Walang mahirap na gawa pag dinaan sa tiyaga.”*

Translation: “No undertaking is difficult if pursued with perseverance.”

Perseverance means to have courage and diligence. My doctor told me that physical activity is important to health. When he told me that physical activity can help control my high blood pressure, I knew I had to make some changes. I soon learned what the doctor meant. After I am physically active, my mind and body feel stronger. I feel balanced.

Your Lola has not always been this strong. Trying to become more physically active has been challenging! In the Philippines, I used to walk everywhere. I would even walk very far away to get to the market. But when I first came to the United States, I did not feel safe walking around. My friends are not nearby, and the U.S. does not have markets like the Philippines!

Now, I do my morning stretches and go for a walk every day. In the afternoons, I play with little Jo-Jo after he comes home from school. Sometimes we walk to the park, or we dance together while I sing karaoke. Every Thursday, I play mahjong at my friend's house. Mila used to drive me, but now we walk together since it is only five blocks away and in a safe neighborhood.

It has not always been easy, but I do not give up! Nothing is impossible with perseverance.

## **A Time To Reflect...**

What things keep you from being more physically active? What changes can you make in order to become more physically active?

(Use this space to write down your thoughts for this week's session.)