

Lola's Life Lessons: Session 6

One of my favorite proverbs is:

“Ang buhay ay parang gulong minsang nasa ibabaw, minsang nasa ilalim.”

Translation: “Life is like a wheel; sometimes you are on top, sometimes you are on the bottom.”

Keeping your weight in the healthy range is important for heart health. Six months ago, our family set a goal. My kids made a pact to lose weight and live healthier lifestyles. Since I lost 20 pounds (9.1 kilograms) last year, my family sees that even old ladies like me can lose weight! They have helped me stay healthy, and now I am helping them.

Over the past few months, I have watched them struggle. I tell them that losing weight takes patience. Sometimes you are on top, and sometimes you are on the bottom. The key to losing weight is finding the right balance of physical activity and healthy eating. *Ang umaayaw ay di nagwawagi, ang nagwawagi ay di umaayaw.* (“A quitter never wins, a winner never quits.”) It can be frustrating, because it takes time and commitment to stay healthy.

Luckily, Mila helps me cook healthier meals, and Victoria is my faithful walking partner. I have found that if you have the patience and support of family and friends, you will find the right balance to help you achieve a heart healthy weight!

A Time To Reflect...

What keeps you from maintaining a healthy weight? What changes can you make to have a balanced life?

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