

A Visit From Back Home: Embracing a Balanced Lifestyle Role Play

Leticia (“Letty”), Lola’s youngest daughter, is visiting the United States from the Philippines. During her 2-week visit, Leticia begins learning tips for heart healthy living from her mother and family. Lola, Leticia, and Victoria (Lola’s friend and walking partner) are taking their daily morning walk in the park.

Victoria: Letty, it is good you are walking with us! You look like you have gained some weight, and you need to get moving!

Leticia: No, *Tita*,* I am just really healthy! Actually, I want to lose some weight, but I do not have the time to cook healthy or to work out. I am really busy at work these days.

Lola: *Anak*,† even when I went back home last year, you were a lot slimmer. You tend to eat a lot when you are under stress. You have to be careful since our family has a history of heart disease and overweight. Even your brothers did not begin taking care of themselves until after they got sick. Look at your Mama. If I can lose weight, then you can, too.

Leticia: You do look healthy, Mama. I just had a checkup, and my BMI and waist measurement are high. The nurse said that my high BMI and the extra inches around my waist put me at higher risk for heart disease.

Lola: Just remember that a balanced lifestyle is important. Why would you pay more attention to your work than to your health?

Leticia: You are right, Mama.

Lola: You are still young, *anak*! You should have a lot of energy.

Leticia: Okay, okay! I will start by joining your daily walks and learn some new recipes while I am here. One step at a time, right?

Victoria: Do not worry, *Idad*! I know she will make us proud.

**Tita* means “auntie” in Tagalog.

†*Anak* means “child” in Tagalog.