

Lola's Life Lessons: Session 7

One of my favorite proverbs is:

“Sa taong walang takot, walang mataas na bakod.”

Translation: “To a fearless person, no fence is too high.”

With courage, there is hope. Although Rose has prediabetes, she can do something to decrease her chance of getting diabetes: lose weight, become physically active, and eat heart healthy. She is lucky—still young and strong! Your Lolo (grandfather) had diabetes, and controlling his blood glucose was not a priority for him. He had a chance to be fearless, but he loved food too much.

It takes a courageous person to admit what is not working and try to change it. I know how hard it can be to change old habits. But look at Lola. I am an “old timer,” and I was fearless. I did not give up! You must be fearless to tackle things that are high priority, even if it seems impossible. With each day, my family is learning that hope will not fail you. Remember, no fence is too high!

A Time To Reflect...

What changes have you made in your life to become heart healthy? What new changes can you make to continue on the journey to heart health?

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