

This is my story...

MAY 2007

“IT WASN’T EASY, BUT...”

“It got easier once I made up my mind and prayed about it; It gets easier everyday,” a quote from Mrs. Bernice Hopkins, a resident of Conetoe, NC and member of Conetoe Chapel Missionary Baptist Church. Not originally from Conetoe, Mrs. Bernice has a family history from Abingdon, Virginia that is full of Diabetes, including her sister, brother, and aunts. Faced with cholesterol problems and being on the borderline of Diabetes herself, Mrs. Bernice knew that if she didn’t start taking care of herself, she may start going down the same road as her family.

In the past, Mrs. Bernice was not motivated to improve her health. She would exercise, but not hard or consistent, so she decided to do more.

In January of 2006, Mrs. Bernice began taking “Weigh to Go” classes at her church that discussed diabetes, nutrition, and the importance of living a healthy lifestyle. She changed her eating habits by letting go of sausages, bacon, and eggs for breakfast. She stated that “Breakfast does make a difference,” and being the most important meal of the day she made up her mind to eat healthier. Therefore, she and her husband eat Honey Nut Cheerios for breakfast. She also stopped drinking sodas (except diet) and don’t eat a lot of sweets and chocolate.

She now enjoys exercise five to six days each week, which usually consists of walks in the park with her good friend and support person, Vernestine.

By May 2006, Mrs. Bernice lost 14 pounds; her cholesterol has dropped 70 points, and her blood glucose is under control. She has more energy, she’s not as tired as she used to be, and she feels better. Her husband supports her greatly, with fond memories of her youthfulness.

She encourages you to:

1. Get someone else to exercise with you,
2. Think about your family history,
3. Pray about it and ask God to show you yourself, and
4. Make up your mind that you’re going to make a difference.

Now is a great time to feel better about yourself and enjoy your life more.