



## Profiles in Wellness



### **Evangeline Eustace Austin**

Delaware

After my physical last year, I set a goal for walking 25 miles per week. Every morning I walk at least 2.25 miles, and evenings I walk another two miles or so. It is exciting to return from an invigorating walk, ready to begin my workday. My evening walks allow for sharing the day's events with my neighbor and walking partner. Maintaining a walking log helps me monitor progress toward my goal. After a year and half, it feels strange to not begin the day without my morning walk. My heart rate is now in the mid 50's.