

## DORA SANCHEZ

For Dora Sanchez, walking is an important and necessary part of her life.

“I walk just like I get up in the morning and eat my breakfast. Walking is an everyday part of my life and I love it!”

As far back as she can remember, Dora has been a walker. “I love to walk,” she says, “and when I got diabetes, I just started walking a little bit more.” Dora lives by a field so she always has a place to walk. She walks two miles a day, almost every day.

Dora tells us that, for her, the support of family and friends is very important. It was her son who helped her get motivated to start walking. For a long time, she and her son walked together, so she credits him with getting her started. When her son couldn't accompany her, she started walking with a friend, but when her friend got sick and couldn't do it, Dora just started to walk by herself.

Dora expresses gratitude to her son and her friend, but she is also grateful for the support of her granddaughter, who noticed she didn't have good shoes. Her granddaughter said, “Grandma, you can't walk in those shoes,” and went out and bought her a pair of good shoes. Dora emphasizes that for people with diabetes shoes are very important.

If you ask Dora what keeps her from walking, she says, “I try not to let anything stop me because if it does, then I'm afraid I may get into a pattern where I don't want to go. Sometimes you don't want to face the weather. It can get very cold in Silver City, a cold that penetrates your bones. It's a sacrifice, but I keep going. I just bundle up better than usual and go!”

Almost nothing keeps Dora from her daily walk. “If I want to watch a TV program, I just record it,” she says.

Besides making her feel active and alive, Dora reports that walking has helped her keep her blood pressure low and her blood sugar down. For Dora, the weight is not that important, she says. She walks because it feels good. The best part, she says, is “walking makes me feel happy. It makes me feel like I accomplished something and I don't feel that old.”

Walking is an important and necessary part of Dora's life. “If I don't go walking, there is something missing from that day. If you are a walker, you know what I mean. Your body craves it. Your body tells you it's time to go and you go. It is a part of your life. You eat and you walk. It is an everyday thing. It is real rare that I don't go for my walk.”

### *Dora's Advice*

1. Invite a family member or friend and start walking! Walk one time and then walk two times. Before you know it you are walking three or four times per week.
2. From the beginning, get a good pair of shoes. They don't have to be expensive. They just need to fit right and give you support.
3. Don't let the weather stop you. There is always going to be weather. Just bundle up and go anyway!