

Zero Weight Gain

HOLIDAY CHALLENGE



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Exercise Partners Even at a Distance

Good support keeps you active

Having an exercise partner can motivate you to become more active and stay more active. Normally you expect this person to live nearby so you can exercise together, but Lisa Jordan, Extension agent in Chatham County and Janet Hollingsworth, Extension agent in Appling County have proven that assumption wrong.

About a year ago, Lisa visited Janet on Extension business. That night, Lisa stayed over so they could continue working the next day. Just for fun, Janet invited Lisa to ride a three-wheel bike belonging to Janet's husband while she rode her own bike. Lisa had wanted to get more exercise because she was having back problems, but she just hadn't gotten motivated. Likewise Janet wanted to become more toned and fit, but hadn't gotten into the exercise habit. In fact, according to Lisa, "Both of us were totally puzzled by people who dropped everything to make exercise a priority." But they had nothing else to do that evening, so off they went.

Surprisingly they had a great time. That was the beginning of their partnership – completely unplanned and unexpected. From then on they would text, phone or email back and forth how many miles each of them was doing each day either on a bike or an elliptical trainer. At first they were proud of just



Lisa Jordan (left) and Janet Hollingsworth (right) enjoying a bike ride together.

of just doing three miles, but gradually after some friendly "needling" the miles started to climb and the exercise minutes began adding up. Now it's common for each of them to do up to 12-15 miles a day.

"One day I even took a picture of the odometer on my bike with my phone and sent it to Lisa to show how many miles I had done that day," said Janet. According to Lisa, "That just aggravated me so I just went out and rode some more so I could catch up." Both agents are quick to point out that this "aggravation" is totally friendly and serves to keep them interested in achieving new goals.

Exercise Partners...



Even though they have only exercised together that one time, their partnership has paid off. Besides becoming more active, Lisa also began watching her food intake, drinking more water and stopped skipping meals. She also gave up her diet drink addiction because she found that she usually ate “something sweet” along with the soda. Now she has lost 32 pounds and her back feels better. Janet has also lost some weight and gone down two pants sizes. Both of them say they feel stronger and Janet reports, “I have increased my time and intensity on my elliptical machine and can walk upstairs more easily.”

Janet also totally surprised herself and her family when she did a 5K this spring while pushing her granddaughter’s baby carriage. She now wears a pedometer to prove to herself she is more active even when she cannot bike as much as she wants. Sometimes she also walks with her daughter at lunch to increase her steps.



Lisa’s husband is an avid biker so he is thrilled Lisa has gotten into biking, too. He and Lisa were so proud of Janet’s efforts that they decided to fit her up with a new bike outfit. Janet is so grateful for their support and says, “Now I have no reason not to go biking.”



One day Lisa had an epiphany. “My husband suggested that we go out to dinner after work, and I found myself wondering whether I wanted to go out to eat or whether I wanted to go home and exercise. I was stunned that I was even asking that question. I knew then exercise had become part of my life.”



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