



Do We Know What We Have?

After a very, very sad week of losing my best friend from high school, I have been left with a very powerful thought that I wanted to share with you.

In corporate wellness, we have seen an overwhelming amount of stress, and all the ramifications that come along with that. Much of it is due to the economy, excess work, and just life's craziness. We all can use some encouragement, and perhaps a reality check as to what is really important in life.

My friend who died (Elizabeth), had a heart and lung transplant three years ago. Prior to the transplant, and following, her activity was very limited, since her oxygen intake was not that of a healthy, "normal" person.

Driving along with her sister at one point during Elizabeth's illness, she looked out the window and saw all the people running, walking, hurrying to work, pushing strollers, and going about their day without much thought. She turned to her sister and said, "**Do you think they know what they have?**"

The simple act of walking without losing our breath is something we take for granted every day. We can go up and down stairs without too much trouble. This sad event was such a wake up call to realize all that we are blessed with. Do we ever slow down long enough to realize what we have?

You all are working so hard, please enjoy your health, protect your health, and don't forget to love on those around you. And take the stairs sometimes.

In health,
Amy Bertram
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