

Over the years, Heidi has come to know the importance of laughter, right attitude, patience, recreation, nature, strength and flexibility, holistic health and inner peace. She has been taking small, yet meaningful, proactive steps toward living her life with gusto.

Heidi has included recreation as a major part of her therapy for the last quarter of a century. She vigorously pursues her sports and the arts. She exercises safety discrimination in all her endeavors. Some things she knows to avoid and sometimes she learns how she can be more self-protective, the hard way!

Heidi's paddle surfing companions admire her for knowing what is too much for her out on the water. Sometimes when the surf is beyond her limits, you can find Heidi hanging out offshore in her boat, just appreciating the Ocean life!

Heidi has given herself a chance to appreciate the different aspects of her character. For instance, though she is athletic, she also finds great satisfaction in her writing and artistic skills. Heidi has come to a level of comfort and confidence with who she is and how she navigates her life.

When one door closes, another opens. We must keep aware of new openings.

Heath Tip:

According to Brain Gym®, when you use movements that cross the midline of your body, you help integrate the left and right hemispheres in your brain. This helps to improve coordination, as midline crossing movements are routinely used in daily life. Walking, swimming, kayaking are some examples of movements that cross the body's midline.