

Lisa White, an emergency call taker in the Office of Homeland Security, has been an enthusiastic and committed participant in the Level Up 5K Walk program, regularly posting pictures of her workouts and words of encouragement on the Final Surge Social Wall (the “Water Cooler”). At age 60, and facing the challenge of recovering from knee surgery, in addition to a stressful, time-consuming job, Lisa still finds the time and energy to get in her workouts and focus on what she can do, rather than what she cannot.

**Before starting the Level Up training program, what type of exercise (if any) did you do?** Before starting with Level Up training program, I was already very active: I regularly walk, use the treadmill, ride my bike and the stationary bike, use the stair stepper, dance, and participate in a fitness program.

**Why did you want to do the 5K training?** I want to do the 5K because I’ve always desired to do a marathon from watching others do it and celebrate their accomplishment. I would also like to get back in shape post arthroscopic surgery as a result of a torn meniscus that’s taking longer to heal than I imagined.

**How do you fit your workouts around your work and family schedule?** I fit my workouts in using indoor, stationary equipment and participating in group fitness sessions virtually. When I’m off work, I push myself to workout in order to stay consistent.

**What has been the most challenging part of the training for you so far? How do you try to overcome those challenges?** The most challenging part of the training is my limitations on running, jogging, jumping, and high impact exercises so that I do not re-injure myself or have a setback with healing. I overcome the challenge by doing what I can rather than nothing.

**Do you listen to anything when you are walking? If so, what’s on your playlist?** When I’m walking, I listen to spiritual sermons, random R & B music, or make return phone calls to family and friends.

**What do you enjoy doing when you are not working or working out?** On my free time I enjoy cooking, watching some talk shows, crochet, staying organized, helping out at my job, and helping others.

**What advice would you give others who are trying to stay consistent with their training?** My advice to help others is to start and do what you can and add to it. Keep track of your progress. Take before and after pictures and surround yourself with likeminded individuals who can hold you accountable.

