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There's room for all of us at this Thanksgiving table

Thursday, November 22, 2012

I have much for which to be grateful on this Thanksgiving Day. The health of my family and seeing my grandchildren regularly top the list. I should clarify that this year I can see only 5 of the 6 grandkids easily. The oldest is spending a year in China, but still I'm happy that he's fulfilling his dream to experience a new culture even as I await his return.

I'm very thankful to have the opportunity to see the world with my husband. We've been married for 45 years and together for nearly 50.

I'm thankful for the technology that allows me to explore, gather information and "meet" new people. Yes, I'm grateful for the support that I've found on SP.

Where we:

Become aware of what we're doing to and for our bodies,

Inform ourselves about the content of our food.

Find the type of exercise that's enjoyable enough to make a habit

Discover what works best for us

Whether we choose vegan, vegetarian, gluten free, paleo, primal, low carb, high carb, high protein, low salt, low fat, healthy fat, or are big consumers of meat, there's a place for all of us here at this table.

I'm thankful to belong to a community united in pursuing a healthy lifestyle.

Happy Thanksgiving!

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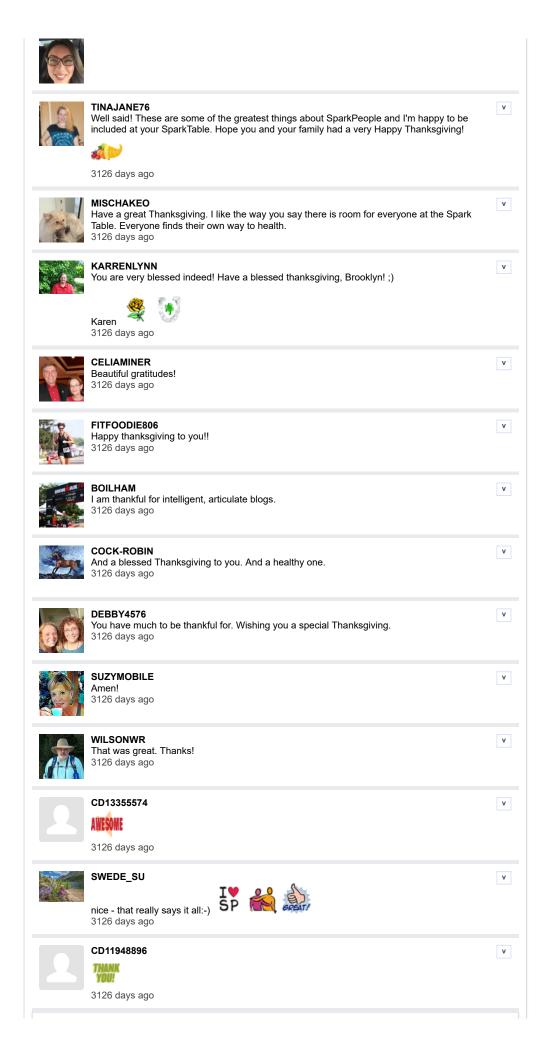
DALID414

Well said! Happy Thanksgiving. 3126 days ago

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