



REINS Volunteer Story:

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January 2020

When I joined the volunteer staff at REINS in 2018 at age 71, I had just completed two years of cancer treatment and a total knee replacement. Therefore, I was also struggling to achieve my 10,000 steps a day. However, as expected, the 10,000 steps came easily on the days I volunteered at REINS.

My real surprise came one day, when I was asked to lead a horse to a trot. I thought, "Seriously?". I had not actually run for many, many years. That first run was scary and awkward. However, I became motivated to go home and practice running. Which I did.

Now, I trot cheerfully. I also run when I walk my dog. Recently my cardiologist recommended adding more vigorous activity to my 10,000 steps and I was able to show her my Fitbit that registered my days of increased activity at REINS. At my age, I would have never considered running had it not been for my desire to be more useful at REINS.

Thank you for the opportunity!
Nancy

