

Walk the Walk

Join Diane and Olivia Newton-John
in the fight against cancer.



adventure. And Olivia has asked me to share my training plan with her. First and foremost, I told her, we need to keep it simple and *not panic*. I put together a fun plan that includes the Curves workout, brisk walks through hilly terrain, and hikes up and down as many steps as we can find. Together, we'll take our training one day at a time and stay focused on our goal. We want to finish with strength and a smile!

Did You Know?

- The Great Wall of China stretches for approximately 4,000 miles.
- Some parts of the Great Wall date from the fifth century BC.
- The Great Wall is the largest man-made structure ever built in terms of length, surface area, and mass.
- Despite the urban legend, the Great Wall is *not* visible from the moon.

SOURCE: WIKIPEDIA

On April 7, I will begin an exciting adventure.

I will join Olivia Newton-John and other celebrities, business leaders, and cancer survivors on a 21-day walk across 142 miles of the Great Wall of China. Olivia, who won her battle with breast cancer 15 years ago, has created this event—*The Great Walk to Beijing 2008: A million steps in the fight against cancer*. It's a journey to raise money and awareness for cancer patient care, research, and education.

Olivia has actually been active in the fight against cancer in a number of different ways over the years and became aware of the passion that Curves and our members have brought to the cause. She reached out to me to begin discussing how we might work together to do even more, and it wasn't long before we had several great ideas. At that point, she asked me to be part of her core

team on *The Great Walk to Beijing 2008*, and I was proud to accept on behalf of our Curves members everywhere.

Like any adventure, this one is exciting, but also a little frightening. I understand that the Great Wall traverses steep hills, and we could find ourselves in pounding rain and cold temperatures one day and hot, dry conditions the next. There's even the occasional dust storm! And a *million* steps is...well, a million steps!

All of which is by design. As Olivia says, "The tough conditions and harsh physical challenges are designed to show the world a little of what cancer patients face on the journey to recovery."

I've already started to prepare for the

I'll be posting a blog before, during, and after *The Great Walk to Beijing* so you can watch my progress as I take on the many challenges. Look for a link at your own Curves members' site, MyCurves.com. I hope you enjoy it—and maybe find a little inspiration to encourage you in your own quest for a healthier, stronger you.

Diane