

# LEADER OF ONE

Don Kwasnycia

## I'M A LEADER OF ONE BECAUSE...

Leader of One, that's a phrase that really hits home for me. I am 64 and live with Type 2 diabetes. I have witnessed many friends and colleagues sit at home and remember how they once loved to dance but can't anymore, loved to golf but can't walk the course, loved to ski but don't have the stamina. I decided to take control of my life and be proactive in exercise and making healthy choices to improve my quality of life before my doctor forces me to or worse yet, I have a stroke or heart attack.

Too many of my friends have suffered debilitating illnesses and even death due to not keeping active and watching their health. How can you preach to your children to make healthy choices if you can't do it for yourself.

Get up off the couch and take the first step, all the other steps will follow, enjoy the journey and become your Leader of One.

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**TWIST**  
PERFORMANCE  
+ WELLNESS