

# LOCAL CHAMPIONS OF PHYSICAL ACTIVITY

## Setting an example for everyone

**For so many of us, childhood was a time filled with days spent running through parks, playing sports with friends or enjoying swims at the beach.** But, for St. John's Newfoundland and Labrador native Kim White, her physical activity journey didn't start until much later in life.

"At the age of three, I acquired a mobility disability. So, actually, a big part of my story is that I wasn't very physically active when I was young, except for being mobile with braces and crutches," Kim explained. "So, most of my activity was only good cardio and aerobic activity. But beyond that, I never was really engaged in physical activity through my school or community. It wasn't really something that people thought I was capable of being a part of."

Incorporating physical activity into your daily life takes planning and effort, but, incorporating it into your everyday routine when you're dealing with a physical disability can be a real challenge. A challenge that Kim was lucky enough to not face alone. "Sometimes you just need a little bit more support and exploration. For me, I was fortunate to have some people around me to support me in getting out and being more physically active. I leaned on friends to help me get outdoors and enjoy nature in my wheelchair."

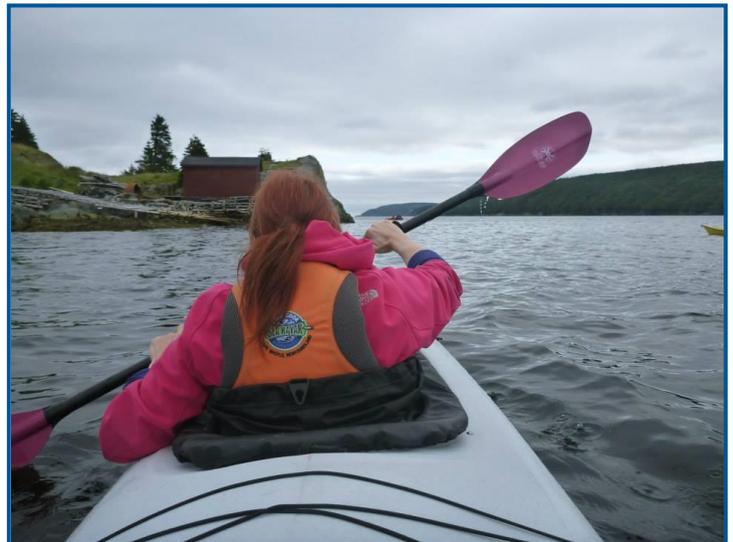


Photo credit: Kim White

A tumour was discovered on Kim's spine when she was only three years old, which led to radiation treatment that left her without a tumour but also without the proper use of her legs. But, instead of letting that stop her from enjoying all the awesome benefits of being active, she got moving instead.

Now 50 years young, Kim is more active than ever and loving every minute of it: "I am at the stage now where I am into trying anything and everything. If someone says, do you want to try this? Then I try it!" said Kim.

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"I've been out on the trails doing some hiking and ziplining. I was even out on the ocean in a kayak. Even though I grew up 20 feet from the ocean, I had never been in a kayak. Beyond the day I gave birth to my daughter, it was the best day of my life to be on the ocean and to really experience it so differently and intimately."

With physical activity now weaved into her weekly routine, Kim is soaking up all that living an active lifestyle has to offer: "You Sleep Better you feel better, it keeps my strength up. It's important as you age to use it or lose it, Kim said. **"You feel it every time your active. You feel tired, but you feel energized and powerful, as well. It's sometimes hard to put into words, but, it's amazing."**

What's really amazing is what Kim is doing to spread her positive message. Instead of letting her disability define her, Kim chooses to be a leader. Showing people firsthand what being active can do for people living with disabilities. "I try to lead by example and show people what can be done," said Kim. "If someone sees me out at the park on my hand cycle and they have a daughter with a disability, and then they want them to try it too, that's huge."