



A healthy diet, exercise, and time outdoors are three things I embrace on my journey with CF.

My diet consists of a higher number of calories than most. However, there is a focus on the quality of each meal rather than the quantity. Exercise and strength training have played a large role in my current lifestyle. I dedicate at least five days a week to spending time in the gym or going for a run. I love the outdoors and being on the golf course is one of my favorite places. When I am playing, I walk the course and carry my bag. It's also a great opportunity to meet people or play a round with friends. Mentally and emotionally, connecting to nature and spending time outdoors helps reduce any stress from the day and encourages me to slow down, breathe, and truly observe my surroundings.