

After four decades of adding pound or two per year weight gain, and reviewing his biometric screening results each fall, David Schiraldi decided to start working on being healthier in January 2019. He and his family adopted a diet, brimming with fruits and vegetables and a reasonable amount of lean meat and fish.

Halfway through the 2019, David took up hiking again, something he had put on the shelf many years ago.

He started back hiking with a Lake County Metroparksclub twice per week (about 10 miles per week) but soon moved on to the Cleveland Hiking Club. This 100 year old institution offers about 20 hikes every day of the year. David built up to four then six hikes per week, now logging 40-45 miles per week.

In 2019,