

# If I can do it, you can do it...

My name is Boris Lukezic or as the Recreation staff like to call me, the *Million Meter Man*. My journey with recreation began a few years ago after a routine doctor's visit. When asked what kind of exercises I was doing, I reminded my doctor that I was facing multiple health problems and on a waiting list for a second organ transplant. He was unsympathetic and said it was vital I get more exercise. That unsympathetic talk was the "butterfly effect" that changed my life and possibly saved it. I decided to start swimming. At first, I could barely swim a half-length without stopping to catch my breath. I refused to give up and slowly worked up my endurance. 10 lengths, 20 lengths, 64 lengths and finally 100 lengths in one hour. I then set a new goal: 1 million meters. Two and a half years later and a few unexpected ambulance rides to the ER, I am on my second million meter post-transplant swim. My hope is to complete this one in less than two years and the finish line is definitely in sight. I truly believe that the strength I gained from swimming helped me survive my operations and contributed greatly to my recovery. Thank you to the Recreation Division as swimming has become not only an important part of my life, but my family's life as well. I always remind my children how crucial it is to live a healthy and active lifestyle, no excuses! If daddy can do it, you can do it too.



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