

INTRODUCTION

The mother is in her early 30s. She speaks with an authentic, conversational, and relaxed voice. She starts with an introduction about her and her family.

MOTHER

I'm a single mother in my early 30s and I have three young children. We identify as Black.

I'm not active. I've been trying to exercise with my family for the past few weeks. And I'm still working on it.

I think being active together with my family is hard. I don't have any nice parks near my house. So I can't exercise with my family safely.

STORY

Now the mother is telling this story and sharing her life experiences with another person. As she is telling her story, she's remembering the details of those experiences. She sounds relaxed and comfortable. Sometimes she remembered the joyful or tiring moments that she described and that affected the way she told the story.

MOTHER

Family physical activity that makes me happy is anything that involves me being with my children. Whether it's going for a walk, or the kids riding their bikes, or just us enjoying ourselves. We're doing things, we're experiencing new things. Exploring! I get a lot of enjoyment from watching my children being active and playing. And I tried to be active and play with them too.

I remember the time that my children and I walked from my

house down to a small beach, about a 60-minute walk from our house. We walked to the beach and all the way home. It was fun! We were running. We were laughing. We had the chance for one another to keep up. The kids were super exhausted when we came home then they took showers and went straight to bed. We had a lot of fun and we got to spend a great time together as a family. I really enjoyed being together as a family doing something.

Sometimes being active is not easy. I remember when we started doing Zumba. We watched Zumba videos together on YouTube. It was a lot of work. It was active, it was going, it was fun! But, a lot of work. How did I deal with it? Just kept trying. Practice makes perfect. Keep trying, and trying, and trying. Until I had fun with it.

I think exercising is giving yourself the best chance of living a very long life. And if I want to see my children's grandchildren, great-grandchildren's children, I have to make sure that I live healthfully.