It may seem ironic for a funeral director to be promoting life, but it's true. If there's one thing my profession has taught me, it's that mortality is 100 percent. We can't stop death, but we can live this life more fully by adopting an active lifestyle.

I started the LiveNow – Promoting an Active Lifestyle, is a community awareness program and web site hoping that others will be able to find the fulfillment I have come to know since I became more active. For over two years, I have lost nearly 40 pounds and have begun to swim, bike and run competitively (for fun of course). I sleep better at night, have more energy during the day, and on my best days, I can keep up with my wife and four kids.

I used to live a sedentary lifestyle, but a series of inspiring relationships and opportunities led me to adopt the active lifestyle that now inspires me to live each day to the fullest.

LiveNow is a new community initiative focused on helping the citizens of Clark County embrace healthy and active lifestyles through fitness, nutrition and general wellness activities. Our web site, <a href="https://www.ilivenow.org">www.ilivenow.org</a>, connects residents to community wellness resources, ideas and events in Springfield and Clark County.

Nobody can promise that your life will be one day longer by increasing your activity or paying more attention to what you eat. But, I hope that your life will be fuller and more interesting if you get out and LiveNow!