



# The Dash



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## First Breath—Last Breath

At one point in our life, we will all experience the loss of a friend or family member. The older we get the more those occurrences seem to happen. I recently lost a dear friend, Maurice Walton, who was an active individual, full of life, humbly gave his time and knowledge of fitness to school kids, and had a passion for what he did. His years on earth was short and made me reflect on life itself in a different way.

We are all given a beginning and an end. We all have a “ - “ in between that time frame. That dash looks the same for all of us, yet it’s not. Some of us go through life never accomplishing goals, dreams, and what we were put on this earth for. We basically waste our dash away. While others go way and above their goals and dreams wearing their dash out.

The beautiful part about our dash is it’s forgiving and as expandable as your imagination allows it to be. You can abuse it, fail repeatedly and yet if you are willing to get back up you can take it as far as your eyes can see.

Maurice was someone others admired because he gave of himself with-

out expecting something in return. He wore his dash out putting his knowledge into others and pushing himself in the gym preparing for competitions. Towards the end of his life as he was preparing for a competition, he was diagnosed with brain cancer. He moved forward with what he started completing and placing in the competition. Shortly after, he was admitted into the hospital to remove a huge mass from his brain that lead to several complications and eventually to his death.

This man who was a picture of health deteriorated to half his size in a month but because he wore his dash out I will always remember him as the gentle giant he was.

Maurice favorite quote on his Facebook that sums up how we all should be using out dash, “ Get busy living or get busy dying. You can’t do both.”

What are you doing with your dash?