

# 10 LESSONS

From

# 10 YEARS

With **ALS**

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**Team Drea Foundation**



1

# Your ALS journey is unique.

Everyone hears this early on in their diagnosis, but it's worth repeating . From completing a half Ironman to walking with a cane in 6 months, you wouldn't think I'd be alive 10 years later. *I certainly didn't.*

The "2-5 year life expectancy" is just a shorthand for how awful ALS is. It's not a ticking time clock for YOU.



2013

8mo before diagnosis, half Ironman finisher



2014

5mo after diagnosis, finishing "one last race"



2022

Finishing my 50th marathon in 50 states with ALS



2024

Still here, still racing, still fighting for a cure!

# 2

## Exercise matters.

What accounts for my slow progression? Extreme luck, and a few other things – **the most important of which is exercise.**

I workout 5-6 days/week: swimming & pool exercises (2x), Pilates-based PT, weightlifting, triking. Plus, 10 min of respiratory muscle training (5x).

**Figure out what exercise & level works for you...and have fun!**



Pilates



Swimming



Triking

3

## Falls can be catastrophic.

After every fall, my husband asks “what happened?”

Kind of drives me nuts (*dude, I don't know!*), but it's actually a good question:

- Was I turning too quick?
- Walker too far away?
- Or is this happening more often and therefore a sign of progression?

**Like it or not, fair or not, you have to be vigilant every single second.** Breaking a bone will set you back in ways you won't like. More doctor's visits, more weakness from being stationary, more reliance on others.



Focus,  
Focus,  
FOCUS!

**\*FOR THE HEALTHCARE PROVIDERS\***

**4**

## One patient is one patient.

No matter how experienced you are, the patient in front of you is the expert in their **LIFE**

We want to hear your recommendations, technical knowledge, cutting-edge research, and practical suggestions.

But we come in with our own set of priorities, questions, histories, hopes, and challenges.

Want to know what they are? **ASK.**

And then **LISTEN.**

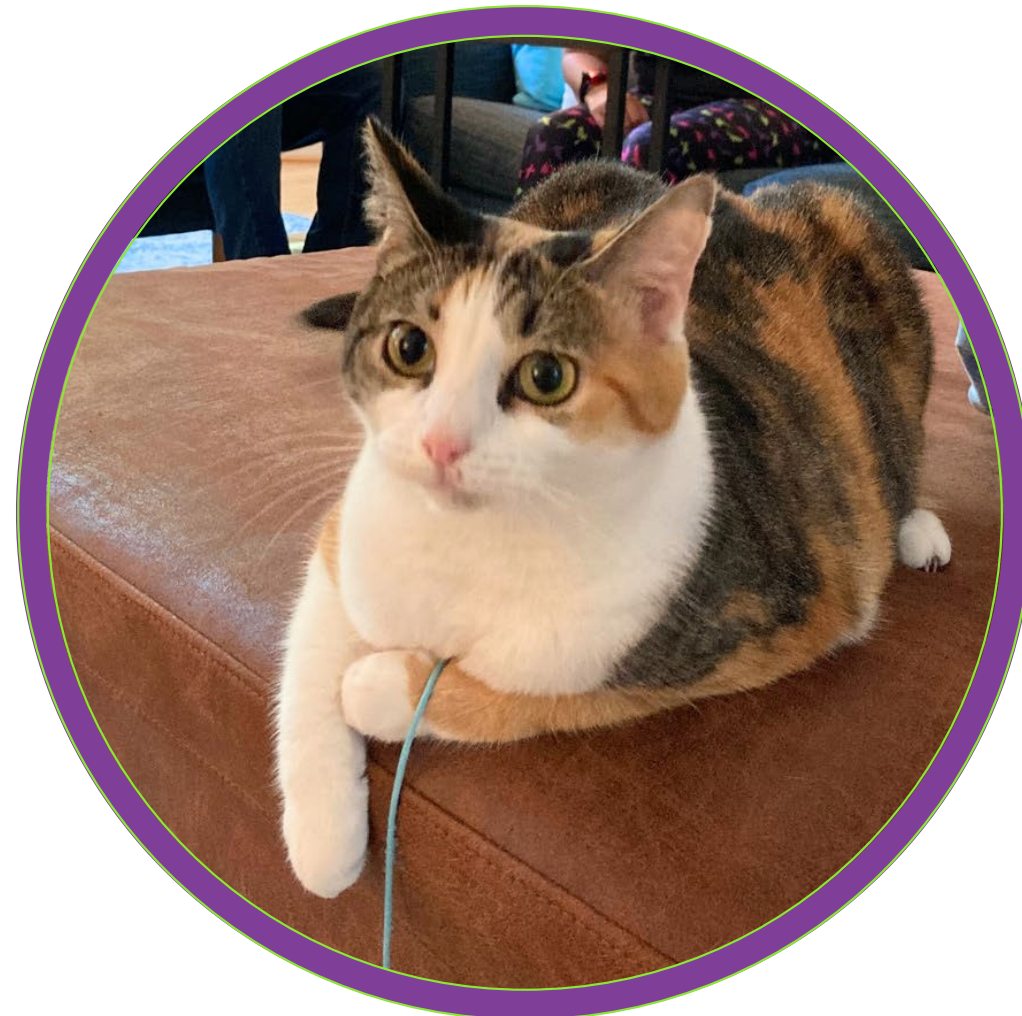


5

## Get yourself a puppy or kitten.

Best thing we did after diagnosis? Adopt a two-month-old, 2.5-pound kitten. Impossible to be sad around a derpy, hilarious, purring pile of furry snuggle-bones.

I seriously think we should start clearing the shelters and **handing them out like lollipops** with every terminal diagnosis.



Bailey



Tango

# Find your tribe.

6

It's often said: 'ALS is the best club no one wants to be part of.' Which is **absolutely true**. The dear friends I've met because of ALS, I can't imagine my life without.

Be vulnerable enough to share your story. **Lean in, it's worth it.**



My Family



Team Drea



Her ALS Story

**\*FOR THE CAREGIVERS\***

**7**

**More than a caregiver, be a care - supporter.**



**“Until further notice, celebrate everything.”**

*~my friend, Arthur Cohen (borrowed from the internet)*

8

Birthdays, your diagnose-aversary, any given Tuesday you are on this planet are all reasons to celebrate this messy, mixed-up, brutiful world and keep working to leave it better than you found it.



2016  
Arthur & Snoop



2020  
My 40th birthday



2023  
Premiere of *Go On, Be Brave*

# 9

## Believe that you are healing.

“Your brain and body don’t know the difference between having an actual experience in life and just thinking about the experience. **Neurochemically, it’s the same.**”

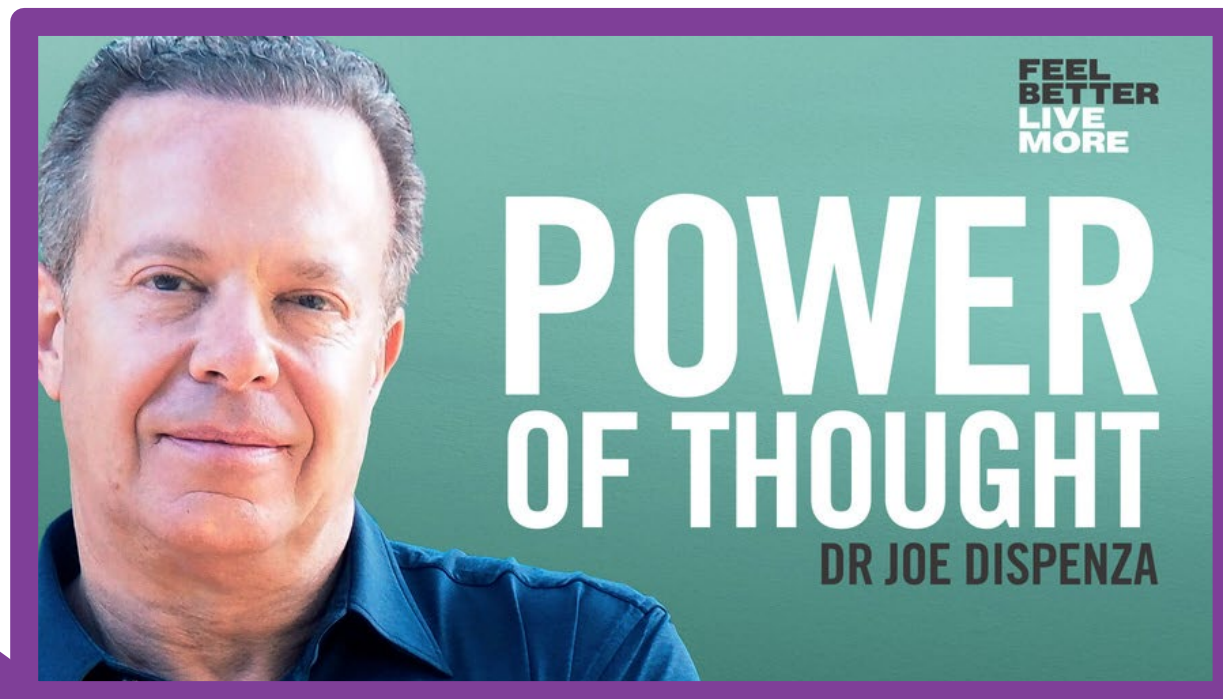
~Dr. Joe Dispenza, best-selling author

“Your body is always trying to heal itself.”

~Mom

“You can be depressed, or you can live your life. The time will pass either way.”

~Andrea Lytle Peet



10

# You can still live a great life with ALS.

It might be nothing like what you pictured — or as long — **but it can be amazing.**



2021  
Custer State Park, SD

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[GoOnBeBrave.com](#)

Read the Book:

*Hope Fights Back*



May 2024  
My 10 Year Diagnose -aversary