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Extreme Swimmer Diana Nyad Joins Monday's Walk With The Mayor

By Victoria Talbot

Diana Nyad will join Beverly Hills Mayor Lili Bosse to Walk with the Mayor Monday, just days before internationally-renowned author and pioneer in integrative medicine and personal transformation Deepak Chopra leads the City in a Guided Meditation Friday.

Extreme swimmer Nyad, who swam 111 miles from Cuba to Florida non-stop in 2013 when she was 64 years old, without a shark cage, will join Walk with the Mayor to share her spectacular story of inspiration with walkers, and to invite them to join her in her quest to get Americans everywhere walking.

"You're never too old to chase your dreams," said Nyad, upon completing her daunting swim.

Now, with TED talks and motivational events, Nyad has chosen to use her celebrity to inspire Americans to walk to improve their health and overall well-being, no matter what age they are.

Together with Bonnie Stoll, expedition leader of the Cuba Swim, they founded EverWalk, to get America walking.

Nyad swam 53 hours in shark-and jellyfish-infested waters, battling with



Bonnie Stoll & Diana Nyad

hyperthermia, exhaustion and sensory deprivation in a spiritual pursuit for meaning that required nothing less than total focus, overwhelming dedication and passion.

The effort was the fifth time she had tried, beginning in 1978. "Never give up," she said.

Nyad's success came years after the first attempt, after several failures, and at an age when many have quit trying to achieve their physical best. Her

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success is testimony to others that it is possible to overcome and achieve what appears to be impossible – and to stay healthy and achieve your dreams at any age.

"Over the decades, we have become one of the most sedentary societies on earth, ill with heart disease and diabetes. EverWalk is a movement designed to spark an epic revolution and get Americans outdoors and walking," according to the EverWalk website.

Following the Cuba swim, Nyad and Stoll wondered what they could do to bring communities together in nature and promote physical fitness, and EverWalk was born.

Walk with the Mayor is a great fit for EverWalk. "We are honoring people like Mayor Bosse, who are already walking," said Nyad.

"Diana Nyad is a role model of inspiration for perseverance, tenacity, optimism and a belief to never give up on our dreams," said Bosse. "I have always believed we start with 'Yes' and then figure out how after. Monday's walk with her will be an exciting morning that no one will want to miss!"

Every Saturday Stoll and Nyad sponsor walks in different neighborhoods. EverWalk will host a 6.5-mile walk at 8:30 a.m. May 20 at the LA River. For more information or to sign up visit EverWalk on Facebook.

On Friday, Chopra will conduct a free, open-to-residents and guests alike, guided

meditation on City Hall grounds Friday at noon.

"I am inspired by Mayor Bosse's health initiative for the City of Beverly Hills and excited to introduce everyone to the Jiyo wellbeing platform which is another tool for the #bhhealthycity initiative to engage, provide metrics and curated wellness programs from global experts said Deepak Chopra, MD and Co-founder of Jiyo."

To Walk with Nyad, meet at the Crescent steps of City Hall at 8:30 a.m. Monday morning. Wear walking shoes. The walk will make a stop at Beverly Hills High School.

The events are free and parking for both events is provided in nearby parking structures.