

## 52 Peaks in 52 Weeks

*The Adventure of Two Women to Hike 52 Mountains to Raise Awareness for Heart Disease*



In June of 2016, Tami Luckie and TJ Jerome will begin a year-long journey across the globe, during which they will hike 52 mountains. Their odyssey, “52 Peaks in 52 Weeks” is to promote better health and to target awareness of heart disease.

Tami and TJ will hike on six different continents, across several sections of the United States, and through thirty different mountain ranges around the globe. The types of hikes will span terrain from glaciers to deserts.

The idea of 52 Peaks originated several years ago when Tami discovered hiking and TJ, a professional guide, trained her to climb her first major mountain: Yosemite’s Half-Dome. During training, they both discovered that, more than any other exercise, hiking had improved their health and lives for the better.

In one year of training with TJ, Tami went from having never hiked more than a couple of hours to hiking Mt. Kilimanjaro. Tami has lost a total of 54 lbs since she decided to make fitness a priority four years ago.

Keeping in mind their own experiences of getting healthy, TJ and Tami decided that 52 Peaks would be a way to promote the idea that any person has the potential to do anything they imagine, and to live their best lives starting with today. They are also determined to raise awareness for the dangers of heart disease to honor TJ’s mother and sister, Judy Reynolds and Tricia Jerome Thompson, and Tami’s father, Billy Luckie, whom all died of heart disease.

“Early in the planning, TJ and I had discussed connecting 52 Peaks with raising awareness for heart disease. Then in February of this year, my Dad passed away from a sudden heart attack,” said Tami Luckie. “He had been to the doctor the week before and none of his tests indicated any warning signs. The doctor explained that it is all too common for the first sign of heart disease to be a heart attack. Living a healthy and balanced life are the best ways to help the heart and that is what hiking 52 Peaks represents.”

TJ has helped many people accomplish things that they had previously thought were impossible. As part of the 52 Peaks experience, TJ’s company, TJ Hiker, will be opening up a number of the hikes for others to join and experience, including Mt. Kilimanjaro in February 2017. Go to [www.tjhiker.com](http://www.tjhiker.com) and sign up today.

“There is no experience more fulfilling for me than to help train someone to hike a trail or mountain that they previously had never dreamed would be in their abilities,” says TJ Jerome. “I have had the great privilege to see some truly amazing personal transformations.”

For more information on 52 Peaks in 52 Weeks, please visit [www.52peaks.com](http://www.52peaks.com) or email [info@52peaks.com](mailto:info@52peaks.com).

For more information about hiking Mt. Kilimanjaro or other exciting locations with TJ Hiker, please visit [www.tjhiker.com](http://www.tjhiker.com).

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