

February Challenge

-M Redington

Last week as I was leaving the gym I could not help but notice a woman sitting with her trainer looking at computer data. She was crying even though I'm guessing she could not have been more than 10 pounds away from her goal. I'm sure her trainer talked her through, but it made me think about how tempting it is around this time of year to give up on health goals and how much power we give the scale. So, I'm here to encourage you to stay in the game – you are worth it. In fact I invite you to follow me on a year long journey to see powerful, cumulative effects of small decisions and habits repeated over time.

Maybe January did not work out exactly as planned. Personally by completing the January Challenge, I dropped 4-5 pounds with the 100 mile & water-tea-low carb protein only after 8:00. I dropped the weight in the first 10 days. Had I only focused on scale numbers I'd have been very frustrated these last 20 days. My defense – My mileage buddy and I talked weekly about improvements we noticed. Looser clothes, more energy, better skin and an increase in strength and running endurance were identified as significantly improved by both of us. Having someone to talk with was important for me. My point, I encourage you to find a buddy for the February 100-mile challenge. With a shorter month it will be very important to calendar out how you're going to fit the miles in. I further encourage you to find even 15 minutes mid day to get some of that mileage done. It is amazing to me how much stress I relieve by having a walk at lunch. I know my afternoon work performance increases as a result. Yacking on FB for accountability is another great motivator, so please share your success and feel free to post pictures while knocking off the next 100 miles.

