



BROOKLYN_BORN

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How to reward yourself without food?

Saturday, November 16, 2013

That's one of the "hot topics" that pops up on my start page regularly. Here's my answer.



I just bought:

A moisture wicking headband

A "performance" shirt and

A REAL fuel belt to replace my homemade one as described my blog back in April

www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5326005

I'm also wearing my "compression" tights, smart wool socks and of course the running shoes carefully chosen for my "difficult" feet to avoid injury.

In the closet I also have a fleece vest and jacket. I wear a cap (or visor) too. My gloves are 50 cent "throw aways" not because I intentionally dispose of them, but because I lose them so often. They're always black so I can pair up whatever's left.

My recently stated goal is to break out of my comfort zone and run longer distances. But winter is coming and it might help if I had the proper "gear" especially at my advanced age.

Why do I call this a reward? Two months ago when we returned from a month in Europe, I mentioned that I gained 9 pounds even though I was very active and THOUGHT I was eating sensibly. My clothes fit fine, but I didn't have any objective measure (i.e. no scale).

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Happily I can report that those 9 pounds are now gone. Yes, it took 2 months, but I'm a patient person. Thank you SP!

Some background:

I began running over 25 years ago when my daughter joined her HS track team. My first attempt at running lasted 30 SECONDS. It took 6 months to run a 5K. (I told you I was patient – persistent too!)

I'm also quite thrifty and shop clearance racks first. Fashion doesn't matter to me, but comfort and functionality do. I used to run in any old thing. Now I understand how much easier it is when I have the right stuff.

I also shop locally. My running store supports the community and I want them to stay in business, so I support them.

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MARYJEANSL

Your gear looks comfortable and functional, and what more could you ask! Congrats on losing that dastardly nine pounds!

2758 days ago



DOVESEYES

Great rewards they are so important to our joy.

2766 days ago



MERRYMARY42

I too have finicky feet, so that is important, otherwise, I wear what ever I have, and great idea about those gloves/mittens, I lose one all the time, cheap and same color, great idea. I don't have as cold of weather, so not as important, but you look ready to go.

and you have motivated me to make photo albums for our son and my husbands son, complete with obituaries of their greats,

2766 days ago



MNNICE

We definitely needs rewards, and those that motivate us even more are the best!

2766 days ago



SATCHMO99

Great rewards which will make you want to get out and run, so that's a bonus!

2766 days ago



BOOKAPHILE

My husband is always talking about how much easier a job is when you have the right tools.

Congratulations on taking that step to provide those right tools and incorporating them into rewards for reaching and continuing on in maintenance! Slow and steady is the way to do it!

2766 days ago



SUZYMOBILE

That's awesome! If you aren't ready for winter weather, I don't know who is!!

2766 days ago



DR1939

Looking good!


2766 days ago



CD14270285

Which fuel belt did you get and have you tried it out yet (other than the picture)? I'll need to get one eventually for the some longer runs. I used to run in anything, and still find my cotton long sleeve "Life is Good" t-shirt pretty awesome for going the miles. That being said, I did get a heavier technical shirt (on sale!) for colder temps. Kind of funny how a person progresses from one point to



another along the journey 
2766 days ago



KELLIEBEAN

You look FABULOUS! The right running gear and clothes make all the difference, a very important investment and you certainly deserve for all of your patience and perseverance!



Congratulation
s on knocking of the European pounds!!



2767 days ago



HELEN_BRU



Good for you for losing those 9 lbs.
2767 days ago



GINIEMIE

Ugh, just lost my whole response to your blog, here we go again-my patience is flying the coup here. Glad you are so patient and persistent.

Why compression tights? I have good shoes, I have wicking shirts, I guess I need a headband for the cooler weather. I don't keep much on my head except my glasses.

I too lose gloves with great regularity, it used to upset Steve a lot, he'd buy me nice gloves for the winter and I'd lose one-never failed, when I started wearing cheaper ones for some reason I hung on to them longer.

Nice reward!



2767 days ago



MISCHAKEO

I just bought myself new workout shoes. I am with you..You have to have the right clothes and gear to keep active outdoors in the winter. It really makes a difference.

That is a great way to celebrate your 9 pound loss!



2767 days ago



BRYANBABY3

Well Said!

2767 days ago



WATERMELLEN

My kind of rewards, absolutely.

And: looking forward to cross country skiing even more this winter with the right high tech clothing to make it more comfortable and fun!

2767 days ago



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