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What do Peyton Manning and Jeremy Abbott have in common?

Tuesday, January 21, 2014

While Manning is well known to more people, makes a lot more money and is a Sunday fixture on TV from Sept – Jan, Abbott and others like him come into our national consciousness only every 4 years.

Manning is on his way to the Super Bowl and Jeremy Abbott is on his way to the Olympics to compete in figure skating

Manning wears a helmet and pads while Abbott performs in an outfit more suited to his activity. OK, sometimes it even glitters.

Manning has 10 other guys to help him perform well. If those teammates don't do their job, Manning's results will suffer. Abbott is out there on his own.

So what do they have in common? They're both extremely talented, incredible athletes. Both have overcome injury and adversity and I'm a fan of both.

We have a similar situation on SP. I recently read a blog by a sparker who participates in competitive table tennis. We all have different ways of getting ourselves up and onto our feet. They key is to get out of our chairs, find something we like/love to do, and actually do it.

The Olympics or Super Bowl are not in our future. No one will offer us money or endorsements, but that's OK. Each day that we enter an activity in our fitness tracker, we are all athletes. Not at the same level of those we watch on TV but athletes nonetheless.

We are runners or walkers or bikers or swimmers, or practitioners of yoga, aerobics, Zumba or even table tennis enthusiasts. We're working our bodies athletically and that's what defines success to me.

Figure Skating is often broadcast opposite important football games. TV executives reason that comparatively few viewers are interested in both. Unfortunately, I'm in that minority. Fortunately, technology has solved the problem and my DVR gets lots of use.

At least I won't have that problem in February. On Feb 2nd I'll be glued to the TV for the Super Bowl. The Olympics begin on Feb 6th. (Actually the new figure skating team competition begins on the 5th). I'll have to plan my own workouts accordingly.

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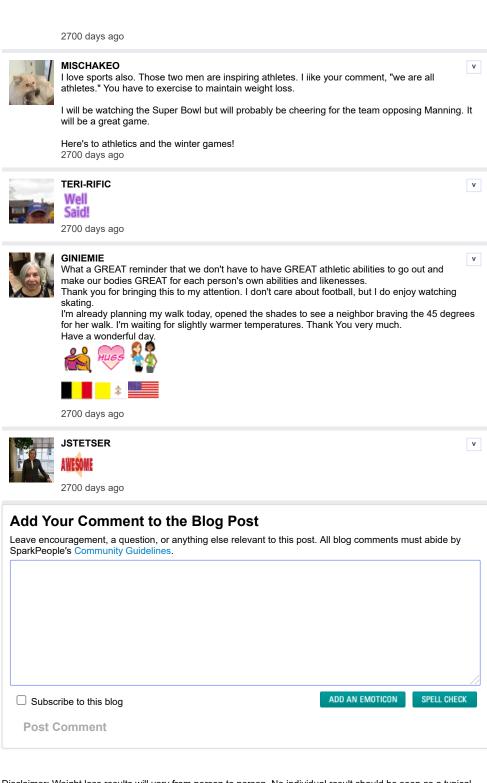
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Member Comments About This Blog Post WILSONWR Great blog! I've always pushed myself by try to better my own personal records. They may not be world-class times or efforts, but any improvement means I'm doing things right for myself. 2699 days ago **MARYJEANSL** Well, an athlete I'm not, but I am a fan of the Olympics, especially figure skating, and, to a lesser degree, football. I'll be right there with you watching. Cheers! 2699 days ago WATERMELLEN Very interesting point of view. It's great to think of ourselves as athletes too! I do feel that way when XC skiing!! 2699 days ago ONEKIDSMOM Well commentary. We are all athletes, we're built to move... stay psyched for those Winter Sports and all those Olympic circles! 2699 days ago **STRIVERONE** Good points and a nice ego booster included! Thanks. Does this make SparkPeople the world's largest athletic organization? 2700 days ago DIANNEMT Great blog! 2700 days ago **BOOKAPHILE** ٧ I also love to watch the Olympics. Lol. I'm an elliptical athlete? 2700 days ago CD13099273 ٧ Great blog - absolutely ! Just do it - what ever it is and fun doing it !! Hugs k 2700 days ago LEWILL1982 ٧ Excellent points, well said! 2700 days ago **ADKISTLER** ٧ Well Said! 2700 days ago I love the way you compare their similarities and differences. But most of all I love how you call each of us an athlete, no matter how big or small our accomplishments are. And you are so right! 2700 days ago CELIAMINER I'll keep your words in mind next time I feel defeated by an injury or just a sore joint. There are other athletic endeavors I can turn to. 2700 days ago PHOENIX1949 The following applies to each of us striving to become more fit: Maya Angelou 2008 Olympic Poem "Amazement Awaits" http://www.bigcitypix.com/m aya-angelou-2008-olympic-poem-a mazement-awaits-television-adve

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.