



BROOKLYN_BORN

 Change Banner Image154,974
SparkPoints

Info



Photos



Feed



Blogs



Awards

More



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. The 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.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

[Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

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 Said! AWESOME

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

I also love to watch the Olympics. Lol. I'm an elliptical athlete?

2700 days ago



CD13099273

Great blog - absolutely ! Just do it - what ever it is and fun doing it !! Hugs k

2700 days ago



LEWILL1982

Excellent points, well said!

2700 days ago



ADKISTLER

Well Said! THANK YOU!

2700 days ago



LINDAKAY228

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/maya-angelou-2008-olympic-poem-amazement-awaits-television-advertising-mcgarry-bowen-ad-agency-video>



2700 days ago



MISCHAKEO

I love sports also. Those two men are inspiring athletes. I iike your comment, "we are all athletes." You have to exercise to maintain weight loss.

I will be watching the Super Bowl but will probably be cheering for the team opposing Manning. It will be a great game.

Here's to athletics and the winter games!

2700 days ago

v



TERI-RIFIC

Well Said!

2700 days ago

v



GINIEMIE

What a GREAT reminder that we don't have to have GREAT athletic abilities to go out and make our bodies GREAT for each person's own abilities and likenesses.

Thank you for bringing this to my attention. I don't care about football, but I do enjoy watching skating.

I'm already planning my walk today, opened the shades to see a neighbor braving the 45 degrees for her walk. I'm waiting for slightly warmer temperatures. Thank You very much.

Have a wonderful day.



2700 days ago

v



JSTETSER

AWESOME

2700 days ago

v

Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

☐ Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

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.