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Do you believe in jinxes?

Wednesday, March 05, 2014

I don't think I'm a superstitious person, but a few hours after I posted my blog on Sunday about tripling my fitness minutes goal, I started to feel "funny."

DH & I went for a nice 2 mile stroll while the weather was still nice. Another snowstorm was predicted for Monday.

By Monday morning I was in full sinus distress.

The snow arrived right on schedule knocking out our Internet access as it always does. I hardly noticed since I've just spent 2 days in bed with decongestants and an antibiotic. Forget "fitness." Just getting up was a chore.

Internet is back.

How ironic to see a spark trophy for consistency when I've just broken my streak.

How ironic to see a trophy for February's 1500 fitness minutes when March has started out as such a bust.

How discouraging after training so conscientiously for my first HM in 8 years to feel this bad 11 days before the race.

I'm going back to bed as soon as I post this. Hoping to get back to normal.

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EGRAMMY



Wishing you good luck in all you do.
2653 days ago



CD13758606



and think of your rest period as a taper. You will get stronger by race day.

2654 days ago



MARYJEANSL



I'll add you to my prayer list - hoping and praying you start to feel better soon. That is a major bummer!

2656 days ago



MERRYMARY42



hoping normalcy returns to you soon, I know it seems like when it starts piling up, there is no reprieve

feel better soon,
2656 days ago



DOVESEYES



You are fit and strong hope you 'bounce' back before the race.

2656 days ago



LINDAKAY228



Hope you start feeling normal soon. And it's early in March so there is still a lot of time to feel happy with what you've done. We all have those down days and right now listening to your body is most important.

2657 days ago



GINIEMIE



I hate that you are down right when you are planning a big race. I pray that the problems were brought on by the barometric changes and will pass quickly.



a hot cup of tea with honey, might make you feel a tad better as well as the rest you are wisely taking.



2657 days ago



PHOENIX1949



2657 days ago



GARDENCHRIS



Hope you feel better soon!

2657 days ago



TERRIJ7



No jinx--just life. It happens as we set our goals and make our plans. People who don't have a target don't notice when they've been derailed. It's because you have a plan and are working toward something that life's bumps impact you so hard.

2657 days ago



DR1939



Nope, don't believe in jinx's but do believe that physical illnesses such colds or sinus infections have early signs that we don't notice consciously.

2657 days ago



WUMPASTAR



Don't get discouraged!!! You did so well so far - don't let sickness bring you down. I'm sure you'll be back on your feet in no time :D

2657 days ago



PHEBESS



Ugh, don't you hate when that happens?

Chicken soup for you!!!!



(I'm not sure what this emoticon is, pretend that's a big pot of chicken soup and the red things are carrots.)
2657 days ago



KELLIEBEAN

Stay in bed! You will bounce back and accumulate new streaks soon enough.

I hope you feel better soon.



2657 days ago



CELIAMINER

Oh no! Sending healing vibes your way fast. Hope you are well and back to training very soon.

2657 days ago



CD9543726

I hope that this cold passes quickly - and that it's a good thing it came 11 days BEFORE the HM, rather than, say, 2 days before, or immediately after. *hugs*
2657 days ago



ANNIEONLI

LoL I totally believe in them!!! I was just saying how much I love work and BAM! Roadblock week from heck!!! LOL

"This too shall pass" is my mantra! LOL



FEEL BETTER!!!
2657 days ago



MISCHAKEO

I am sorry you are sick. Take care of yourself and get well before that race of yours. You can start a new fitness goal when you are healthy. It is discouraging when you have worked so hard on your streaks. Plus the snow and no internet was no fun. Hang in there. This is just a detour in your successful road of health.



2657 days ago



WATERMELLEN

Just a gentle reminder from the health gods that rest and recuperation when ill are essential and key elements of "consistency" too . . . hope that your DH is bringing you hot liquids and whatever else you require at regular intervals (and that he doesn't fall victim as well!)

Take care.
2657 days ago



ONEKIDSMOM

I'm so sorry you've been hit with that sinus yucks stuff! A familiar story to me just now, finally being back to par (I missed 6 days of any kind of activity with all my drama of the health variety last week and the beginning of this). Broke a streak, for sure. I totally understand the desire for "any kind of fitness" when you're ill. But REST and recuperation are a HUGE part of fitness as well.



Take good care of you!
2657 days ago



TERI-RIFIC

Most people misquote Emerson as having said: "Consistency is the hobgoblin of little minds" What he actually said was: "FOOLISH consistency is the hobgoblin of little minds." I think you STILL deserve an award for rational consistency. I hope you get better in time for the race, but



even then your health is more important. Take it easy and feel better.
2657 days ago

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