

# BROOKLYN\_BORN

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## Taking my own advice – not always easy

Wednesday, January 07, 2015

### 1) "Rest and come back stronger"

That's something I've said to others who are sick or injured.

I do believe it, but last week when I was a lump on the couch (see last blog), it was tough advice to accept.

There was that voice in my head. "Get up, you need to get some steps in."

Hah! My only steps were to the kitchen or the bathroom and back to the couch.

I thought about what I would tell someone else. Your body needs rest right now, not exercise.

Looking back, I should have made better food choices, but my brain was too cloudy to care.

### 2) "Focus on what you can do, not what you can't"

Another piece of advice I toss out there regularly.

Once I was off the couch, although still not 100%, I thought off all the suggestions I would give to others.

Spark videos – some are quite short (8-12 minutes) and many can be done while seated.

They were just what I needed.

Strength training – there's something I make excuses to avoid even when feeling fine, but the dumbbells are in full view in my living room, so on alternate days I did some shorts sets with those.

### 3) "Gradualism is the key to success"

I'm the queens of gradualism.

It took me 11 months to lose 25 pounds and 6 full months to train for my first 5K. I'm patient and persistent, but I've got a half marathon in March and I wanted to get back to training.

Specifically, I wanted to be exactly where I was before I got sick.

I felt pretty good out there. I power-walked one mile as warm-up then began to run. After 2 miles I intended to keep going, but another voice in my head reminded me to come back gradually. It had been nearly a week since I did any kind of distance. I didn't have to come back all at once. So a 1 mile cool down and I was back home.

This morning I'm all ready to go again, but it's FREEZING out there. I was OK layered up yesterday at 30° but this is worse.

One of the Spark articles in this morning's email is "12 Winter Workout Motivators."

#3 Go Straight to the Gym

#7 Set your sights on spring and summer (i.e. races)

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Yep, that's exactly what I'll do.

I didn't have the most successful week, but I did log in to SP every morning.

That's the best advice I need to keep following to stay on track or at least not wander too far away from the track.

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**WATERMELLEN**

Very glad you're taking your own advice: nobody wiser!!  
2345 days ago



**CD13376265**


I recognized myself in a lot of those behaviours!



2345 days ago



**1STBUCKETITEM**

 Hope you are feeling better, just know your limitations and keep tracking regardless whether you have to take some days "off."  
When it's too cold outside, I just double up on some of the exercise videos (even the seated, chair exercises are great to stay motivated) and then just go for a "shorter" walk if possible.



2345 days ago

Comment edited on: 1/8/2015 4:32:53 PM



**CD4199227**

Get healthy - run long!

C U at a future finish line!  
2346 days ago



**MARYJEANSL**

One other good piece of advice - be kind to yourself. I think you are succeeding at that one also. Stay well!  
2346 days ago



**ONEKIDSMOM**

I know it's hard to take that advice... but you DID!  
2346 days ago




**DOVESEYES**

Wonderful blog it's nice to know the people you look up to need a boost at times too.  
2346 days ago



**PHOENIX1949**

  
2346 days ago



**GINIEMIE**

Hope you are feeling better. I kept trying to get those steps in taking round abouts to get to the bathroom-or from it, and to the kitchen. I ate what I could find and Erik did too. Got up and tried to hard early and spent the following day on the couch again. Yep, follow your own advice, wished I had. I don't like relapsing-I have to remember that next time I try to get up and go before it's come





back...

2346 days ago



**SUBMOM2**

Cold and flu season has hit hard and early around here. It can really suck your energy. I like the gradual approach. I hope you are feeling 100% soon!  
2346 days ago



**DR1939**



2346 days ago



**SMALL\_WORLD**

Oh man, when I get sick (or vaguely snuffly) I turn into a huge baby and just lump around- so I know know how that goes!!

But I think what really matters is what you do when you get better- and you're getting back on track. I think that says more about you than what you did/didn't do when you were sick.



2346 days ago



**PHEBESS**

Hope you are feeling better now!

And when you can't breathe, you can't do much of anything - so give yourself a break, you were recuperating from a major respiratory thing! MAJOR! It isn't like you had a sniffle, right? (And we all want comfort food when we're ill.)

Take it slowly, as you said: gradualism. You'll build your strength back and be your usual self in no time!

2346 days ago



**KANSASROSE67**

I need to remember to get back in gradually. Between frigid weather and a bad cold, I haven't been able to run much. I dived back in with 4 miles and felt pretty awful afterward.

Thanks for the good advice!  
2346 days ago



**1HAPPYSPIRIT**



2347 days ago



**TRAVELGRRL**

Well, I think this is a lovely blog with a great deal of wisdom!

Talking to and treating yourself with the kindness you would give others is SUCH a positive step. I love that.

No need to catastrophize about a week being sick. Just a small blip on the Richter scale. You'll be back to 100% before you know it!

2347 days ago



**CD4114015**

I totally understand this...when I have had surgery or such....I was so bummed at first and then just did as I could also! GREAT blog and very inspirational!



2347 days ago



**BBEAGAN**

well done, heeding good advice!  
2347 days ago



**TERI-RIFIC**

I think you did ok, but it is so true that it is hard to take your own advice. As a nurse, the worst





patients ever were other nurses. My own assistant head nurse passed out in the bathroom after surgery because she tried to go by herself. Feel better!  
2347 days ago



**50YEARSAWIFE**



Take care of yourself.  
2347 days ago



**GARDENCHRIS**



take care of yourself, you are important and sometimes the body just need to rest.  
2347 days ago



**MISCHAKEO**



I hope you are getting your health back. It is hard to be motivated when you are not feeling well. I like those two motivators. Go straight to the gym. Set your sights on spring and summer..That last one is so nice in winter. Logging into Spark everyday is an accomplishment. Well done. You are doing your best to stay motivated and to stay on track!





2347 days ago



**FIFTEEZNFIT**



Good to know...it's the small things that build into larger...think of a snowball that can 'roll' into

a snowman!!!    
2347 days ago

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