



June 29, 2023

A few weeks ago, the unthinkable happened:

I got a cold. 🤧

It was bad. 🤧🤧

I had a sore throat, runny nose, congestion and pounding headache for almost two weeks.

While by no means the end of the world, it did mean I had to take a break from my workout routine.

Typically, I run on the treadmill 4-5 times a week.

But here I was, sitting around, not doing much of anything, because I simply couldn't.

When I finally felt semi-well enough to start up again...

It. Was. Miserable.

I could barely jog. I had to take multiple walking breaks. I felt like I was never going to get back to my regular pace again.

I wanted to give up.

And then I thought back to why I even started running as a hobby in the first place.

It was many, many years ago, when I started dating the person who is now my husband.

He was a runner. He encouraged me to try it, simply because he thought it would be a fun activity for us to do together.

I really liked this guy! So why not give it a go? How hard could it be?

Well let me tell you... it was BRUTAL.

Those first few months, I could barely run a mile. And by run, I really mean walk and jog. I could not understand why he loved this form of exercise so much.

And then he signed us up for a 5K race. I had something to work towards. I trained for it. I actually got EXCITED for it. And I ran it!

Did I win it? Of course not! Did I even come close? Definitely not!

But did I accomplish something after months of hard work? I sure did!

And guess what? I actually had fun! (Probably because of the bagels 🥯 waiting for us at the finish line - hey, nothing like some carb-filled motivation!)

Sooo.... What's my point in telling you all of this?

**Putting one foot in front of the other is the name of the game. 🦶**

If you have a goal or a milestone you are set on accomplishing, and it feels too big, it doesn't matter how fast you go. As long as you are committed to moving forward, you are on your way to amazing feats.

And over this past week, as I continued recovering from my cold, my workout journey actually did get easier! Am I where I was before I got sick? I am not. Will I get there again? Maybe. And if I don't? So be it.





I continue to make progress. And that feels incredible.

With one foot in front of the other, Tracy

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