

Make it FUN!

This week is my two year anniversary of completing my first full Ironman triathlon in Madison, WI. If you're unsure what a full Ironman triathlon is, it's a race consisting of 2.4 miles of swimming, a 112 mile bike ride, and a 26.2 marathon, all in one race, in one day. It adds up to 140.6 miles, and a full day of challenging fun.

I LOVE talking triathlon with people. It's my favorite way to move :) But not everyone agrees with my type of fun. Most people are curious and supportive. Some are in disbelief. I've heard:

- I would never do that!
- I hate running - sounds like torture!
- I would drown in the first 2 minutes. Are there snakes where you swim?
- I just don't have the drive for that. It sounds boring.

All of these responses are completely valid. I've said some myself, before I embraced triathlon. While triathlon is the way I celebrate movement, not everyone will wake up one day and decide to do an Ironman...and that's okay! Because the goal isn't to move like everyone else; it's to move in a way you enjoy.

The fun is in exploring how you're wired to enjoy movement in your beautifully designed body. Doing what you enjoy is the best way to start and maintain an active lifestyle. Your odds of maintaining activity decrease if you dislike what you're doing.

Take my husband for example. He has kindly gone on training rides with me, and discovered it's not his favorite way to move. The companionship was fabulous of course ;) But bike riding is boring and mind-numbing for him. Cycling will not be his go-to movement. He needs to chase a basketball down the court if he's going to be consistent.

A great step to finding YOUR activity is to let go of the idea that you should do what other people are doing. Your neighbor runs. Great! If you secretly despise running, start out with something that doesn't make your stomach churn. You don't have to run to be healthy. There are plenty of options out there, and you can find the one that works for you.