

# Follow-Up: Getting Back in the Game

by Brian Sims



**I**n last month's issue we asked readers to tell us what motivates them to get fit in Philly and what keeps them...well not. We asked readers to respond with stories of motivation and success as well as those stumbling blocks to getting off the couch and onto the trails and sidewalks of Philadelphia. The backdrop was this author's revelation that he had definitely taken a tumble off the fitness bus and was working desperately to find his seat again.

The issue has been on shelves now for about a month and the response has been overwhelmingly positive and definitely helpful. Early to respond was Deborah Greger, the Senior Group Exercise Director for Bally Total Fitness. Deborah oversees all group exercise, specialty programming and events in the Philadelphia and South Jersey market and knows a thing or two about getting and staying in shape.

Deborah ran a marathon several years ago and found that a running partner helped to keep her motivated and keep her on track with her program. "Back then I had a running partner so it made it very easy to train." Unfortunately, the lack of a running partner contributed to her lack of running in recent years.

Another response came from Kathleen, who started running this time last year. "I was running almost every day, competing in 5Ks every month, PRing every time. I even finished the year with Brian's

Run – a very hilly 10K. I was planning on Broad Street in the spring." She explained, however, that she never made it to Philadelphia famous 10-miler.

Much like my own retreat after the Philadelphia Marathon last November, she too lost the motivations to keep running after her 10K. "I think after the very challenging Brian's Run, my spirit broke a little. I trained hard for that and I didn't do as well as I had hoped. My training went from six days a week to three days a week and then winter came. So I had another excuse."

These days, Kathleen's back on the streets but not yet back to her old form. Kathleen runs with a running club and, Like Deborah, she finds that running with others can be a useful tool to staying in good shape. Kathleen also has a few running mantras to help keep her going. Among her favorites are "Keep it up – it will come back and Not every day is going to be your best day but as long as you are out there running – it's a good day."

According to Dave in Manayunk, the secret to getting up every morning and lacing up his running shoes is maximizing not only the amount of time he spends with his two young children, but getting the most out of every spare minute they have together. "I want to be in the best shape I can be so that my kids and I can do all the things we want together." Dave says that his ability to spend quality time with his children depends on his physical

fitness and being able to play with his kids instead of just watching them "from the sidelines."

"I get up early in the morning and run so that I can spend my evenings with my wife and children. I'm in better shape and in better spirits than I've ever been and my family loves it," he says.

What Dave, Kathleen, Deborah and others told me is that there are certainly no boilerplate formulas for staying motivated. As one respondent wrote, "There are as many different reasons to run as there are places to run." The difficult part is finding what reasons work for you. Fitness, appearance, athleticism, family, friends, and overall accomplishment are all great ways to stay motivated, unless they don't do it for you.

My challenge to all of PhillyFIT's readers is to keep searching for motivation in everything you do. If you've got it - share it. If you don't - find it. Sometimes it's just that simple!



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In addition to his practice, Mr. Sims is an Associate Editor of the Philadelphia Bar Reporter and M.D. News and regularly reports on activities within the city's legal and medical community. In his spare time he is still trying to become a runner and enjoying everything that Center City Philadelphia has to offer. He can be reached at [Brian@PhillyFitMagazine.com](mailto:Brian@PhillyFitMagazine.com).