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BROOKLYN_BORN

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I don't want to go the gym today.

Tuesday, September 18, 2012

I don't want to go to the gym today, but it's raining heavily so I have no choice.

I don't want to hear "I told you so!" Especially when it isn't true.
I don't want to hear "Running will ruin your knees" Especially when it isn't true.

The naysayers accustomed to seeing me run 30 to 40 min at a time while they mutter about how foolish I am, will likely not be encouraging as I work my way back with quarter mile intervals.

Maybe I should wear a sign that I'm injured because I tripped over a step while checking out a buffet. Eating hurt my knee, not running.

Rehab is hard enough. I don't need the negativity.

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NASFKAB
Interesting
59 days ago



CD13054257
Hang in there!! When we are surrounded by Debbie Downers we just have to make sure our internal tape recorder is set to POSITIVE THOUGHTS and then turn up the volume!!!!




3191 days ago



MJZHERE
Wow, I am going through the negativity right now also. Never knew there would be naysayers about me losing weight, then add in an injury. Of course it doesn't help that it is my tailbone and I have lost padding there! At least mine was rollerskating and not at a buffett lol. I can consul myself



with that. Here is to your continued recovery! 
3191 days ago



MAHGRET

It just blows my mind that people would even comment. well I guess it doesn't, since I switched gyms to find one where people mostly keep their mouths shut.
3191 days ago



PHEBESS

I can just see the T shirts:

"I injured myself at a buffet - food hurts you"

or


"Food alert - I tripped at a buffet"

That would be priceless!
3191 days ago



JUDYAMK

I learned not to tell certain people what I am doing ,because when I do miss a work out or eat a little too much or partake of a treat they look at me with a sneer. You know you can get right back on track. Every one of us even those sneering people have a desire to accomplish something no matter how small or big. I think the people that try to intimidate , are secretly deep down harboring guilt because they want to do some thing to change whether it is their own weight ,or anything else.I know of people that want to sky dive but make unkind remarks about those that sky dive.

you just keep on  take no mind to them this is about YOU not them
Take Care
Judy
3191 days ago



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