



# BROOKLYN\_BORN

 Change Banner Image

**154,935**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## Going the extra mile for the team - the 5% challenge team

Tuesday, January 24, 2017



Although I like being active, running, walking, any kind of movement, I can settle into a rut. Spark always gives me a boost, sometimes even a needed kick in the pants.

So, after 8 years here I joined my very first 5% challenge. I've seen those challenges posted often and people seem to be enjoying them. Dare I say even having fun? I like fun. Remember when we were kids and exercise was fun?



Yeah, those are my grandkids a few years ago leaping off the "pirate ship" (our sailboat)

Since I don't have to lose 5% more, I was very happy to learn that I was welcome to join the challenge anyway. I am proud to say that I am a "Winter Weight Warrior." I like that title. Warrior suits me.

So how has this team challenged this warrior? Each day when I've completed my workout, I throw in an extra mile "for the team" which of course benefits me as well.

- If 5 miles becomes 6, that's a 20% increase
- If 2 miles becomes 3, that's a 50% increase
- If it's been a zero day and I get off my duff, then anything is an improvement.

My data-driven mind likes this.

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

It takes me back 30 years when my first attempt at running lasted 30 seconds.  
Yes, SECONDS

I decided to include a 30 second running interval in each 5 minutes of walking. The next week the running interval became 45 seconds. Slow and steady was the increase, the baby steps Spark encourages. Baby steps? These were "micro" steps. It took me 6 months to run a 5k. That's a lot longer than any Couch to 5K plan I have ever heard of.

So what! 30 years later I'm still "in the race."

What else have I been sparked to do in this challenge?

Have "one more for the road!"

That old time suggestion used to refer to one last alcoholic drink foolishly offered to guests before leaving (and likely driving) home, often with tragic results.

My "one for road" reminder is to take my water bottle along when I'm out during the day. Water is my beverage of choice anyway, but I have NEVER tracked it before.

I don't drink my calories. I prefer to chew and crunch them, sadly often too many of them.

My personal challenge is to remember that I cannot outrun my fork.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

## Member Comments About This Blog Post



**FANGFACEKITTY**



My first time running I thought I was about to die after 30 seconds. Then I went on to run about 8 HMs, proof that anything is possible! Just started running again this month and am up to 50 minutes for my Sunday "long runs". Although those first 30 seconds are still tough every single time.

1591 days ago



**SPARKFRAN514**



1593 days ago



**CHANGINGHORSES**



1594 days ago



**AURA18**

Great inspiration,,, I like the 5% challenge

1594 days ago



**JAZZEJR**

LOVE all your AWESOME sayings! And definitely "Winter Weight Warrior" applies to me too! We're in it to win it! I love the 5% Challenge!

1594 days ago



**ADRIENALINE**

I've been doing and leading the 5% challenge for the Teddy Bears for years. It's a great team. I wish the 5% challenges just ran all the time. I love them. Send me a comment and let me know which team you are on.

1594 days ago





**AALLEY2**



Enjoy the 5% challenge, I have done them in the past. I will be joining the Billboard Hot 100 Maintenance Challenge coming up in February.  
1595 days ago



**INAMINIT**

Excellent! 👍😊  
1595 days ago



**1PATTYCAKERS**

"My personal challenge is to remember that I cannot outrun my fork. " I love this. It is my first time in a challenge to and I find it fun and motivational, and the people are precious. Blessings to you-

1595 days ago



**EMGERBER**



1595 days ago



**ANNIEONLI**



1595 days ago



**SWEDE\_SU**

i like the idea of the extra mile! i've been doing the challenges for a while, it is one of the things that helps me stay focused. great blog!  
1595 days ago



**PATTI\_PAL1**

Good for you! You continue to challenge yourself.  
1595 days ago



**1STBUCKETITEM**



Like your attitude! You do what ever it takes, even "playing a game" with yourself to attain your goals.  
1595 days ago



**SPARKLINGME176**

I've been adding 20 minutes here & there, seems to be working for me, too!  
1595 days ago



**DONNALEE-53**



1596 days ago



**SUZCQT**

Hey team mate 🙋🏻 fellow warrior 🥳 ,,, I love the fact we are warriors too... I can so relate to this blog, every day im trying to do more and Im pushing that much harder "for the team". Another great blog, I love reading your blog, you write like I think :) Keep up the great work!



1596 days ago



**GINIEMIE**

I like the one for the road. I try to take my water bottle with me each time I leave the house. I like to eat my calories too-more than I need most of the time. Never joined the 5% team, maybe soon.





1596 days ago



**LOPEYP**

I like your little game with yourself to get a little more done.



Great job! Keep up the good work.

1596 days ago



**WINDCAR**



Great blog.

1596 days ago



**52BINCE**



Fantastic blog!..

1596 days ago



**DEEGIRL50**

You are a wonderful Warrior. I do remember how much "exercise" we got as children while playing and having fun!



1596 days ago



**SKYDRAKE**

I out ran my fork. But then my spoon snuck up on me!



1596 days ago



**JUNEAU2010**

1596 days ago



**CERIUSLY**



#WarriorStrong

I am so glad you decided to join us and especially glad you landed with the Warriors. I am on my 30th Challenge, and I can honestly say, even though I've lost and gained the same 15 pounds over those years the Challenge and Friendships I have made have helped me through some very rough personal crises.



Awesome picture of your Grands!

1596 days ago



**REDROBIN47**

Great that you decided to do the 5% Winter Challenge. I have been doing them for awhile now. I love them. I like that we do not compete against others on our team but against the other teams. We work together as a team to beat the other teams. It helps me because I am very committed once I join a team and it really keeps me accountable knowing that others are depending on my exercise minutes. Good luck with the challenge. Hope you enjoy it.



1596 days ago



**HOLLYM48**

I will keep this in mind next time I think about joining one of those challenges! Great job!



1596 days ago



**ONEKIDSMOM**

I have avoided those 5% challenges as I tend to be "too competitive"... and undermine myself. I'll be watching how you deal with it and enjoy it, because... I often watch for a while before I leap. Eventually I overcome my inner rebel and give something a try... and often surprise myself when I do. So Kudos to you for taking it on!



Best wishes!

1596 days ago



**BJAEGER307**

I also enjoy the 5% Challenge, and I'm so glad I found them. It has made a world of difference for me. I'm glad that you are supporting your team, as they need you. You take care, be safe, and stay healthy!




1596 days ago



**DOVESEYES**  
Wonderful blog thank you :)  
1596 days ago



**WBERRY57**  
 great to see you take up a challenge!!  
1596 days ago



**PHEBESS**  
Nice job challenging yourself!  
1596 days ago




**JEANNETTE59**  
 1596 days ago



**CD4114015**  
I LIVE for the challenges.....they are the NUMBER one thing that helps me! And you are  
rocking at your "new" job here on spark! SO proud of you! And that I "KNOW" you!  
1596 days ago



**RAZZOOLE**  
 1597 days ago



**PACEKA1**  
This is my 3rd challenge and I do enjoy them, plus I've met some wonderful people. More often than not if I get to the end of the day having NOT done all the exercises I planned, I will change my clothes and do what I need to do - because of the team. Because I want to do my share to support my team. It makes me wonder, sometimes, why I can't just do it for ME? That is the ultimate goal, to be able to do it because it's good for me. But in the meantime, I'll do it for the team!  
1597 days ago



**SUNNYBEACHGIRL**  
I have found the 5% challenge to be really helpful for my motivation. I think the team part really is encouraging  
1597 days ago



**DAWNDMOORE40**  
I find running to be very exhilarating. However, I do get injured easily when I run so I try to walk and run and that helps me stay safe. I did run a 5k once and it was amazing! Who knows  
maybe I will do one again in the future! Best wishes for you and your goals this year!



1597 days ago



**HELEN\_BRU**  
Happy to hear you are enjoying the 5% Challenge. Me too!  
1597 days ago



**BLUEJAY1969**  
I have done three of the 5% Challenges and had a blast with them! I hope you enjoy yours as much! Great picture of the grands by the way!  
1597 days ago



**GOCALGAL**  
Dang!! I need to have that "can't outrun my fork" message tattooed on my eating hand by the  
holidays next year because I keep thinking that I can.  
1597 days ago





**PRNCSCUP1-2FULL**

I enjoy the 5% challenges. They keep me accountable and Spark me to do a little extra each day too! Yep, no outrunning that blasted fork, or spoon, or fingers! I cannot exercise away a bad diet!

1597 days ago



**POLSKARENIA**

I too am starting to run, very gradually, about 3 minutes in 15. I WILL get there, but if only my left ankle was more willing....

1597 days ago



**THOMS1**



you! I have tried running but it just takes too much out of me. I enjoy walking and so

that is what I do. But, I give kudos to anyone who can run and enjoy it.

1597 days ago



**PATRICIA-CR**

Welcome to the 5% Challenges! Your grandkids photo is

1597 days ago



**SUSIEMT**

I have taken the couch to 5K challenge and found I just have no interest in running. I try off and on but always return to just walking. You keep up the great job!!



1597 days ago



**LYNCHD05**

I can't outrun my fork.....haha!!! I will remember that and how true is it!

1597 days ago



**MORTICIAADDAMS**

Good job on getting in more exercise!! I don't do the 5% challenges but have done others.

1597 days ago



**JEANKNEE**

Enjoy your time with the Winter Weight Warriors. I had to smile that you began your running with a 30 second interval in every 5 minutes. That's what the Return to Running Program advises that I began yesterday.

Glad the challenge is supporting you. I've found them fun too.

1597 days ago



## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Member Comments Page (72 total):

1 [2](#) [Next >](#)

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.

