

When I decided to run, I started with 30 SECOND intervals followed by 4:30 walking and repeated for 30 total minutes. Adding 15 SECONDS to the running interval each WEEK and reducing the walk accordingly, it took me 6 months to run a 5K. That's way slower than any couch to 5K program I've ever seen. Still, I never got injured, or quit and I'm still "in the race" 34 years later (virtually anyway). Covid

really messed that up.

How about Weight Loss?

It took me 11 months to get rid of the 25 extra pounds I carried for 25 years. No speed awards there, but it gave my body time to adjust and after 11 years of maintenance, my joints are very happy not to have to drag those extra pounds around.

Note: If I hadn't stopped drinking soda in 1992 I would have had even more weight to lose. 25 pounds may not sound like a lot, but it represented 16% of my body weight and I was already very active.

Strength Training? That's my least favorite exercise

When I began doing that, I posted 5 minutes of hand weights. That got a negative reaction from a person who told me quite strongly that my effort was "useless." If I didn't have experience with gradualism, I might have been discouraged. I knew that I could and would improve if I just approached it gradually. And I did. Of course, I have to keep my dumbbells in plain sight right in front of the TV to remind myself to do it.

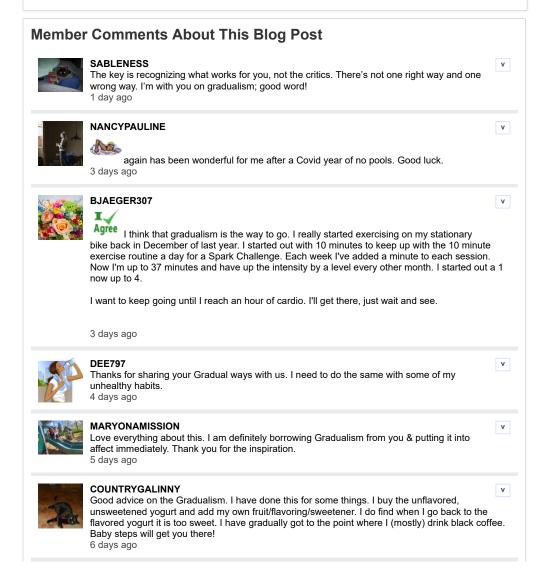
My DD gave me that set as a gift. They range from 2 to 15 pounds. Gradualism has its limits though. I use the 15 pounder as a doorstop in the basement

Edit: This blog was prompted by my goal to return to swimming again. Something I haven't done in over a year. Start SLOWLY, GRADUALLY add distance and hopefully return to form.

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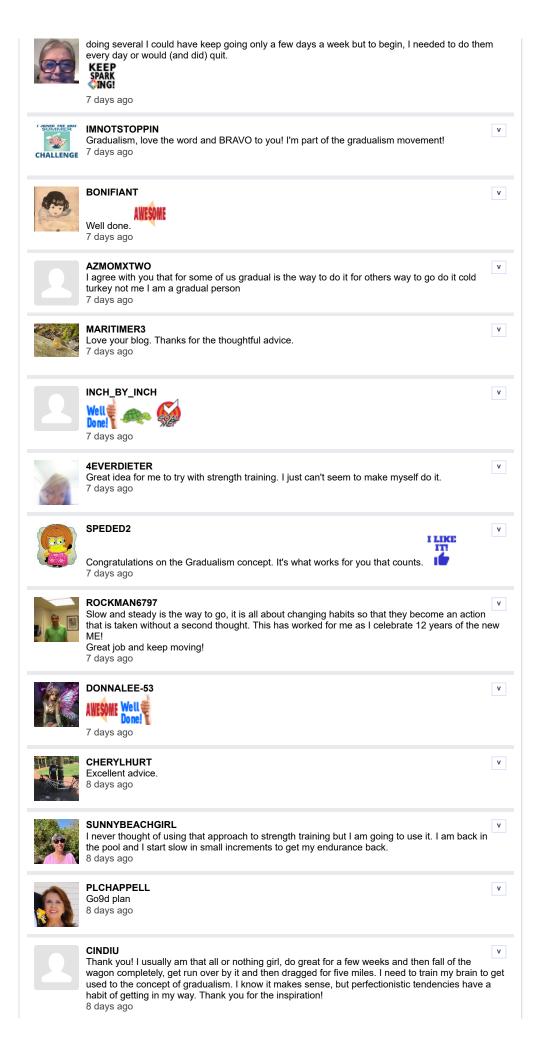
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	BEAR0011 I tried to quit Diet Coke cold turkey many times - the only time I was successful was when I was pregnant and then after he was born back again. I finally managed it but only because I was sick and the taste of it was nauseating and I still can't stand the taste of it.	v
	I love the gradual idea I might try that with Tim as he still likes everything sweet whereas I ca Greek Yogurt and unsweetened tea and the like 6 days ago	n do
	SIMPLY_JAE I needed this todayI need to make some changes in different areas of my lifeand this was encouraging to readI can do this just not all at once. 6 days ago	V
	SHANDAMN This blog was exactly what I needed to see. Thank you! 6 days ago	V
	AGATHA54 Very Inspirational. 6 days ago	V
	TKLBRIDGET1 Loved your blog. In this world many people are in a hurry to lose weight, look better or just get there wherever "there" is. I'm more of the turtle type slow and steady wins the race. KEEP SARK G days ago	V
	SHAKERATTLEROLL Weil in the second se	V
ð	JUSTJ2014 Love gradualism. It works for those that are disciplined. 6 days ago	V
No Re	YELLOW09RED Hi Eileen, Woohoo for you doing your coffee and yogurt. I love your title G-R-A-D-U-A-L	V
	Your blog is awesome to read.	
	Hugs for you n Joe.	
	Debbie	
	6 days ago	
	UPTOIT59 Great ideas here! 6 days ago	V
	GRAMPIAN You have a great plan.	V
Living Healthier	NORTHERNFIRE This is so encouraging. Thanks! 7 days ago	V

	MARGE116 Yes! Love this!	v
	7 days ago	
	RACHNACH 7 days ago	V
	GETULLY Good on Ya! How to you eat an elephant? One bite at a time. This works for all things as you have amply shown! 7 days ago	v
P	JANBROS GREAT JOB! * 7 days ago	V
	LINDA! You have made some very good points. I cannot go cold turkey either. But going gradually would be much easier. 7 days ago	v
	ILLUSTRIOUSBEE I'm the same way. I have never been successful quitting anything cold turkey. When I finally succeeded at quitting nail biting I did it by first promising not to bite one hand. After a few week that I committed to only biting my thumb and index finger, then to just my thumb, and then final several months later I broke the habit. It's time consuming but for me, it's the only thing that we "They" do always say that you should stick to small, achievable goals and work up to your big so I guess "they" know what they're talking about. There's absolutely no shame in going one st at a time. 7 days ago	lly, orks. goal,
	PATSGIRLY Gradual. Another key word to a healthy lifestyle. Thank you. 7 days ago	v
	JIMMOORE14 Your fortitude is an example to all of us. Whatever works for you is the best approach. I remember the coffee changes I made 20 years ago. I seem to remember going to black in one step and I really don't miss the extras. Running? now that's a different proposition. I'd like to but not sure these knees will survive. For now I'll stick to walking for longer times. Remember i not how fast you covered the distance, it's how far you go. So forget time and increase your distance. 7 days ago	run,
	CHERYLSCOTT54 You would be surprise what you can give up if you truly wanted to. I gave up a lot of foods I truly enjoyed; that include soda. I don't miss them; not to mention I gave up meat; starches and home made desserts. 7 days ago	v d
Living () Healthier	TOMATOCAFEGAL Gradual that worked for me with cola to diet cola. From lemon or lime in my water, from dressings to oil based spices and flavorings on my salads. 7 days ago	v
	SAPHRAEL Yay! You revealed a secret sauce! Making incremental change so small that you barely notice it. Love it!! 7 days ago	v
	THINCPL2004 I have always preach that slow and easy always wins the race. Back years ago when I quit smoking, I took it slow and now I have been smoke free for over 9yrs now. Took that route whe started road biking again. First only 5miles, then 10 miles, 20 miles and so on. Now I do 100 m	
	at a drop of a hat with no problems. Great blog, have a great and safe Spark weekend. 7 days ago	
	KITTYHAWK1949 Sometimes comments even those who are trying to be helpful aren't. I was doing a very few wall push-ups and stopped when told I should take rest days. Maybe after I got more comforta	v





ETHELMERZ

Good idea, do as you see fit. Do what works for you. 8 days ago

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WALKINTOFIT

v i want to cut down on the sugar in my coffee... its my vice.... i am going to try your method... i grew up not drinking coffee... then I got married and hubby drank the stuff... i added sugar and cream to drink it. i did cut the cream but not the sugar... i really don't need those calories any more. thanks for the great idea! 8 days ago



RHOOK20047

result of following the SparkPeople program.

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I do that myself when I have to break a habit. The only thing I did cold turkey was quitting smoking. I tried to gradually quit smoking, but there was always that emotional moment that would make me go back to them On my 45th birthday, I finally said that I was lighting up for the last time. I kept the open pack, which after a week or so, started smelling and a full pack on my chest of drawers as my trophy of success. 27 years later, it was a decision I haven't regretted, but once. About a year and a half, I waw with a bunch of guys playing poke, drinking beer and everyone was smoking, and I tried and choked on it, and wondered why I ever did it for 30 years previously. 8 days ago

	LIS193	
	Well Said!	v
	8 days ago	
I My Cat	CATLOVER110 Baby steps! I agree that gradualism is the way to go. Thanks for sharing your experiences. 8 days ago	v
	NANHBH Great blog! Makes so much sense. Well Said!	v
	8 days ago	
	MARYJEANSL Great ideas! (I did, however, get a big chuckle at the thought of the 15-pound doorstop!) 8 days ago	v
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