

SANDI'S STORY

In April 2021, Chomp partnered with a local women's running club to run a women's beginners running course. Sandi, one of our Chomp mums joined – and fell in love with running. Here is our interview with her.



Why did you sign up to do the course?

I knew I needed to change my lifestyle. I needed to lose weight, but I also needed to be healthy not only for myself but also for my children. I was at a point in my life where I could not even walk to the shops or local park without feeling like I could not breathe! I'd had enough and knew change was drastically needed.

I live with depression and anxiety which really hindered my everyday life but when the beginners running course came up, I knew it was an opportunity that I really HAD to take up.

How did you feel on turning up to the first training session?

I was so scared and really didn't know what to expect. I had never run before in my life, not even at school. I hate sports and was not very active at all. But bit the bullet and went for it!

The first session I felt sick with anxiety but once I got there everyone was so friendly, welcoming, and supportive. A new feeling took place, confidence!! That first session was tough; the aches and pains that followed were unreal BUT I didn't let that stop me. I persevered and kept going and so it got easier, and I saw progression that I never knew was possible. I was so proud of myself. If you told me a year ago that I'd be able to run in 6 weeks, I would have laughed.

How has running changed your physical – and mental health?

Not only has my physical health improved but also my mental health too. I have lost weight and my confidence is soaring. I have joined my local walking/running group that I do four times a week

now. I also signed up for the race for life which I have recently completed with my children. It truly felt amazing!!

How did you family react to you starting to run?

My children now come running with me! It has also given us an opportunity to have more family time or 1:1 time if only one of them wants to join me which creates a great time to talk or just be side by side.

I've had so much support from all my friends and family, it has been an amazing journey. I have never done anything for myself before, so this is now my little thing just for me and I'm loving it!

What would you say to a woman that is feeling nervous of joining the course?

If you are considering doing the beginners running course I would 100 percent say, go for it!! My favourite saying is 'don't think, just do'. It has changed my life so much and it can change yours too. Just give it a try.

Huge thanks to <https://bhwrc.org> and <https://rerunclimbing.org> for providing our runners with new trainers.