



Gym for Heroes Challenge

My name is Heather; I'm 39 years old and have never been very fit. In fact I feel I was born unfit. My immediate reaction to receiving the email about Gym for Heroes was that it wasn't for me. I was gutted because Help for Heroes is a charity that I would want to support. A 3-hour challenge, was it achievable? I can row, and ride a bike for up to 15 minutes at a time, maybe I could work this up but running on a treadmill, no way. But could I? In a moment of complete madness or exceptional nerve I signed up.

I was the kid in school who came last in cross-country, I was the girl picked last for sports teams. I am the grown up that gets laughed at by my family when I try to run. I just never learnt, and for me it didn't come naturally.

I asked for help at my gym, a trainer ran with me and coached me on how to run. I've been running for 2 weeks now, I can't run far and I can't run fast, but I'm giving it my best shot and it feels great. It hurts my body but it nurtures my self-esteem. I even had a race with my 4-year-old, he won but for me running with my son was the best.

I can't deny that the package from Gym for Heroes is appealing. A T-shirt, water bottle but best of all a medal. Me, the person who can't run, owning a medal for a sporting event. I won't win, I won't achieve an amazing time, but I'll work as hard as anyone, I'll sweat, I'll feel pain and I'll deserve my medal. Thank you Gym for Heroes for giving this amazing opportunity.

Heather Evans
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<http://www.bmycharity.com/v2/gymforheroes>
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