Brough Park Couch to 5K

As there is no major event-write-up this week, there is an opportunity to reflect on why people come along to our special, some-what-unique, Couch to 5K.

There are those who come along for the physical activity; challenging themselves or their peers in their own way; others are just trying to attain, or maintain, a level of fitness.

A few from the above category have progressed and found success within the local athletics club.

There are some who suffer from stress, mentally and/or physically; numerous entrants have revealed how running and walking clears their mind and relieves them from the pressures of work, in addition to relieving problems of a mental, emotional or tension related disorder; coupled with the stress and strains of everyday life - at least for a while.

Running and walking helps them get away from some stress, and providing down-time for reflection. It makes them calmer and elevates their mood; motivating them to not only train to run and progress, but also freshens them up to tackle other things in life.

It is able to boost confidence; some people have lost weight, obviously aiding them to become physically fitter, while others have become more upbeat.

A personal Couch to 5K programme, and the one within Brough Park is a proven way forward. At our event, new-comers are encouraged to start off on their path to fitness by training through a run and walk programme to get them back to functioning well, making them feel happy again following their achievements.

The social aspect helps in many ways; joining friends to do something active early on a Saturday morning before, perhaps, tackling the weekly shop. There’s pleasure to be gained from attending as a family unit; unfortunately there isn’t a measurement to gauge how much family life is enhanced, or even how many friends are made throughout the events. However, lots of people have bonded, having never seen one another before an event within the park.

The world around us is changing and it’s far too easy to be a defeatist and stay at home sat on that couch; munching away at greasy bacon butty or dipping a sugary biscuit into a cuppa.

There are runners and walkers at the rear end of the mass who get just as much pleasure out of achieving their goal as the ones who regularly head the pack.

All are encouraged in the same way; many seem to be enhanced by the like-minded enthusiasm of others around them.

Our event has succumbed to the weather far too often this winter; so make an extra effort to contact a colleague or friend to reinvigorate them, boost their esteem, remind them of the long forgotten, resolution to get out there once again.

It’s not all about pace but, more about participation - regularly.

BPRC