

# Christa L.

The #WhatARunnerLooksLike Wednesday series features everyday women runners and their real thoughts on running, their accomplishments, struggles and bodies. We created this series as a way to help ordinary women runners tell their extraordinary stories. We have been inspired by the stories of other women runners and received much strength to know that we are not alone in our struggles. Some interviews are silly, some are long, some are short, and some are profound. We hope you enjoy, and if you're interested in sharing your #WhatARunnerLooksLike story with us or know someone in your running circles that has an inspiring story to share, simply use this online [form](#) to submit your story.

This week's #WhatARunnerLooksLike Wednesday feature is mom and blogger Christa from [@sweating\\_awesome](#).

## **Women's Running Community (WRC): What Made You Take Up Running?**

**Christa (C):** In September 2016, I was growing tired of my same old gym routine. I was looking for my next challenge to stay motivated when my gym started a running group. They encouraged beginners to join so even though I had never run before, I decided to try it! I don't think I could even run a tenth of a mile at the time but the running instructor told me to keep trying. I kept running and never stopped!

## **WRC: What Do You Love About Your Body?**

**C:** I love that my body is strong! I hated my body all my life until I got pregnant 2 years ago. I had always been obese and insecure but I learned about pregnancy and saw how amazing my body is and what it can do. I decided to love my body even if I didn't like how I looked. That change in mindset completely changed my life!

## **WRC: How Has Running Helped You Appreciate Your Body?**

**C:** Running has shown me that no matter how hard something is, if I keep trying and keep pushing, I can do anything. Running has shown me that my body is strong, durable, and can improve beyond what I ever thought possible!

## **WRC: How Has Running Helped You Physically, Mentally, Emotionally, and/or Generally In Your Life?**

**C:** I have lost 50lbs. since I started running. So physically, I have gone through a complete transformation! That has had a domino effect on everything else. I now have confidence which is amazingly powerful, ambition, enthusiasm, and focus on my goals.

## **WRC: How Do You Stay Motivated When You Don't Want To Run?**

**C:** I have a quote hanging on my fridge that says "If I quit now, I will soon be back to where I started. When I started, I was desperately wishing to be where I am now." I see it several times a day and it reminds me of why I started my journey to being healthy and motivates me to get out and run, even if it's just a quick mile.

## **WRC: Most Memorable Race Or Running Accomplishment?**

**C:** I would have to say my first 5k back in October 2016. I had only been running for a month and I was so nervous and excited about my first race. I was so proud of myself for 2 reasons. 1. I completed my first 5k! 2. I ran the entire time! I ran very slowly...but I ran!

## **WRC: What Is Your Best Tip Or Advice For A Newbie Runner?**

**C:** Just. Keep. Running. Run slowly if you have to, walk if you have to...just keep going! You will thank yourself!

## **WRC: What's Your Favorite Affirmation?**

**C:** "If I quit now, I will soon be back to where I started. When I started, I was desperately wishing to be where I am now." ~Unknown

