

# The Marchathon Step Challenge

## 'My Marchathon' Story

I started off this month coming into this competition with fear, which is a result of how unmotivated I had become since COVID-19 has taken over everyone's lives. Before the pandemic began, and even at the very beginning, I would walk roughly 100,000 steps every week, but this dramatically changed due to the lockdown as I would struggle to even make it above 30,000 within a week. This fear was my main driving point and motivation to get back into a routine and regain the ability to reach my step goals that I have got set out on my Fitbit.

My goals were quite similar to the challenges in terms of setting a weekly target, this allowed for days where I didn't have to go for a long walk if I didn't feel up to it, while still not feeling like I had completely messed up my progress as opposed to if I had set a daily challenge. I wanted to increase my weekly steps which I have managed to do every week so far and can hopefully continue to do this on the final week.

I have changed quite a few things in my daily habits which has helped me feel better physically and mentally. I have found a balance throughout my day in order to break up work time and enjoy short walks on my lunch and again in the evening. Although I haven't changed my diet majorly, I am going to take this one step at a time and make that my personal challenge for April.

Marchathon has been a great first step to helping me set goals either on a weekly or monthly basis to ensure a healthier and happier lifestyle! I would like to thank you for making that happen.

- Luke O'Brien, Cook Medical