

In My Shoes Competition – Laura Scally, BioMarin

Things I've learned since starting this competition:

- The shop really isn't that far away a walk. It's only 850 meters each way. You're just being lazy, and you don't like the hill.
- Getting close to 10,000 steps every day is HARD in my normal work routine.
- Its easy to make an excuse to yourself not to go out and do exercise, but harder when you're part of a team who are relying on everyone for steps.
- Since working from home on March 13th, my steps for the workday are ridiculously low – maybe 600 steps total between 08:30-17:00 (unless I walk to the shop). Made me realise I need to get up and move around more, both when working from home and when I get back to site.
- The biggest hurdle to overcome to get out and walk or run in the evenings now is not lack of motivation, but trying to remain socially distant. Early morning or late evenings are the best time for me to get out currently.
- Without a competition and being accountable to a team, keeping up steps will be a struggle.
- Warmer, brighter weather should help with this
- If we go into complete lockdown, I have no idea what I'll do for aerobic exercise, and this worries me.