**In My Shoes Story – Marchathon**

Hello there, My name is Ciara and I am 22 years old. I am currently on work placement in Cook Medical. I am getting amazing experience. I am in the HR Department. As one of my tasks for the year, I was given the Marchathon Step Challenge. I had never heard of it before and I was very intrigued. I was a little nervous about holding it in Cook as I was afraid I wouldn’t get people to take part, that was very wrong of me. In Cook Medical, we are very lucky to have a beautiful walking path around our main plant. It is lovely. People often go out at lunch time in groups and do a few laps. It is great to see. I like to look after my mental wellbeing but for the last few months, I am not going to lie, I was unmotivated by exercise. I commute from Killarney to Limerick everyday and normally I am up before dawn so you can imagine, it would take a lot out of one person. Personally this was a desperate excuse on my behalf.. I did notice that I was putting on a little bit of weight and I wasn’t too happy. Thankfully Marchathon was just around the corner and it really did give me the motivation that I dearly needed. I really enjoyed being a Marchathon co-ordinator, it was a pleasure. We had over 20 teams and there was a nice friendly competitive edge to it and also everyone was out getting some well needed exercise in! I cant believe in how motivated I have become since Marchathon kicked off. Every lunch time I was out walking and even when I returned to Killarney in the evenings, I used to walk the National Park. You wont believe, I am now after ordering a FitBit to make sure I am keeping up my steps. I do tend to stress a lot but I must say getting out walking has helped me so much, I feel better in myself and better in general. I have to thank everyone in the Marchathon Smarter Travel Team that has launched such an amazing and positive event. Thank you.