In My Shoes Story

I came into this year with an injury which cost me my mobility for two years, so I was optimistic that this would be my year to finally get back into my hobbies of dancing, running and sport. However, injuries aren’t always that black and white. You must build up muscle before walking to intensely and then build stamina to get to the running stage and so on…

It felt amazing for me again to be able to walk just 5000 steps at once. It was such a victorious moment. When I saw the Marchathon being advertised on the college Instagram page and on Facebook, I jumped at the opportunity to do a ‘marathon’. It was a chance for me to get back to be the person I was before my injury.

I grasped the chance with both hands and really set myself goals. The virtual challenges were great, but I wanted to push myself past those limits. Still being cautious, I pushed out an average of around 20,000 steps daily!! Even writing that down now doesn’t seem real and I cannot believe how far I have come in such a small period.

I feel so proud that I have gotten myself to this stage, but I was not in this alone. The challenge was undertaken with my friends which just made the task so much more enjoyable. We had laughs and shocks and I think it brought us closer together. We also realised we actually work quite well as a team outside the lab!

On a whole this experience has really brought me back to life! I feel like myself again and am proud of the achievements which I have made. I actually can’t praise it enough because I just feel amazing having taken part!

Thank You for this incredible experience.