

Nobody owes nobody nothing. You owe yourself.



In 2014 I started running on the treadmill my mom gave me years ago. Having it in my garage was a great asset. When you have to look after 2 small children, do housework, cook three times a day for 4 people, work, study and spend a bit of time on yourself too... going to the gym or even walking outdoors is not really an option.

Especially in the beginning of a [difficult weight loss journey](#) where motivation is non-existent. **I am sure many women know exactly what I mean.**

I was doing a combination of walking/running for 20 minutes once a day. At first this was, as expected, really hard. Mostly because I wasn't in the right psychological state for something that requires a lot of self-discipline, strength and incentive.

As I have written before, **all the 'great' work-out/healthy eating advice is meant for people who are already fit and have lots of time.**

In real life, most women/moms do not have the right emotional, mental and physical resources to follow such regimes. If only trainers and healthy eating gurus were able to identify with the every day person and with people who go through all sorts of problems, including mental health ones, they would be able to help more.



I have talked to so many women who end up feeling worse and confused after visiting such health websites or weight loss YouTube channels rather than motivated and inspired.

I decided to ditch all that and follow a strategy that felt more natural to me... more humane. Feeling restrained from eating specific things is kinda depressing and goes against my Mediterranean **'enjoy life while you are still alive'** view.

Balance is the key here so in moderation you can eat everything you want as long as you are sensible about it. I was never the one to live off salads and herbs all day long.



I love food, I love cooking for my family, I love sweet treats and I love my relaxing wine nights! Losing weight, working-out or making any change take place needs conscious effort and mindfulness! It will not happen on its own, not by magic, and not by someone else. It is all intentional and committed work determined 95% by YOU.



In August 2014 I would have never believed that one day I would be able to run a lot. In 2015 I was officially diagnosed with [Multiple Sclerosis](#), a cracked heel, a bad ankle and other health issues. After a compulsory running break of 4 months,

ordered by my doctor, I was back at it.

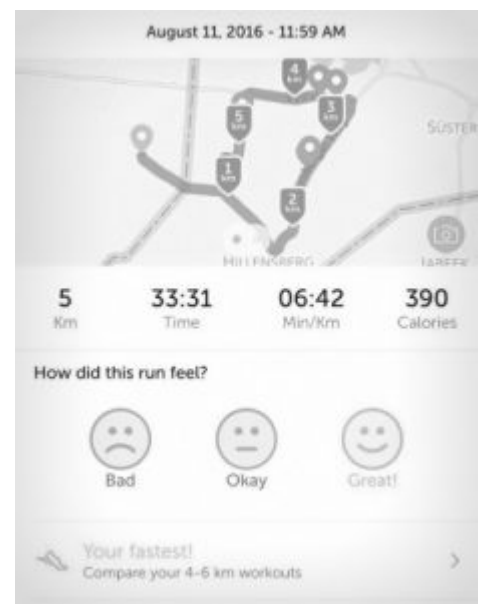
This time I started running in the fields, streets, grass and up the hills (although there are soooo few of those in Holland).

There were some bad days and then some harder ones. On those days I was inspired the most.

Very few people in the world wake up carefree and motivated – the rest of the human population lacks that. That's ok, though, because I learned that **MOTIVATION FOLLOWS ACTION...** so you do it anyway regardless of how much you really want to or not.

However, **I have decided long time ago to love myself first** and that is more important than any of the things above.

Last night I slept for 2.5 hours..because...children. This morning I felt exhausted and the weather was so cold and rainy. The Dutch apparently have skipped the summer season entirely ☹️ I made a plan of going running later on the afternoon.



Then I read a story of the girl who has MS and collapses on the floor after each run. **I also saw a post from a brave woman who despite her Rheumatoid arthritis diagnosis has taken part in so many Marathon events.** I then thought of all the strong men and women I have met and who are so supportive to each other every single day. **So I stopped stalling and headed out.**

Thirty-three minutes, 5km and a lot of Rocky themed music

later I was back enjoying a nice cup of coffee celebrating my own record-breaking time. **(Almost) everything is possible** ☐

Till next time xxx

“Until you start believing in yourself, you ain’t gonna have a life.” – Rocky