

[Getting #vFit at Interop Las Vegas - Daily 5K Runs Available Monday to Friday](#)

If you're coming out to Interop in Las Vegas, we have some fitness fun to add to your schedule!

One of the traditions that I have started at the VMworld event in San Francisco every year for the past 3 years was a daily run. This happened almost by accident as a fun run with a few friends which ended up becoming a full out planned event now on a daily basis at the event.

#vFit at Interop in Las Vegas

To join up for the run, [you can fill out this super easy survey](#) to let the Interop event organizers know which days you may want to join. I'll be there every morning at 7 AM to rock the pavement with you, and hope to see lots of my community friends there.

RSVP for our daily fun runs at [#Interop](#) (open to all attendees) // <https://t.co/EubZwvGqPE>
[pic.twitter.com/kMbh2FmzTm](https://t.co/kMbh2FmzTm)

— Interop (@interop) [April 19, 2016](#)

Thank you to the folks at Interop for making this a part of the official event schedule. It's a sign of how the community extends beyond the expo halls and conference rooms to every day.

See you in Las Vegas!

[Getting #vFit at the OpenStack Summit - Daily 5K Runs in Austin](#)

The #vFit daily 5K runs will be on like Donkey Kong, rain or shine at the OpenStack Summit in Austin!

What is now a 3 year tradition from VMworld has spanned to multiple events including the OpenStack Summit and Interop. In order to help to get your day started with a little fitness goodness, I will be leading out a daily 5K run group from the Austin Convention Centre which will take us along the Colorado River for a nice scenic out-and-back to get the blood flowing.

#vFit Daily Run Group Meets at 7AM at

Austin Convention Center

Run group will collect at the Austin Convention Center and depart every morning at **7 AM from Monday April 25th to Friday April 29th** to ensure we are back in time to shower up and be ready to face the day of action at the event. You can come out on any day and enjoy the community as we all keep our fitness up while chatting with the community.

Pace is a conversational 5K and if we have a large enough group, sometimes we do see a split for a faster crew if so desired.

Hope to see you out on the route!

[View route map for #vFit OpenStack Summit on plotaroute.com](#)

I Love Biking and Hate Cancer, and I Need your Help



Thank you for visiting to read about this very important subject to me. On June 8th and 9th I will be doing two things that I love dearly: riding a bike and raising money and awareness in the fight against cancer.

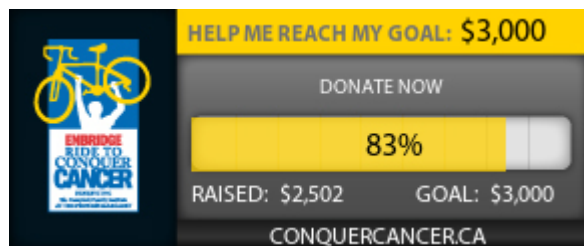
It wasn't too many years ago that I got the call. It was the call that my father didn't want to make, and nobody wants to receive. It was a phone call from Toronto to Vancouver to tell me that my Mom had lost a long battle with cancer.

Every turn of the pedals, every single time I ride is for a reason. It is to remind me how lucky I am, and how important it is to do everything I can to keep ahead of this disease. Cancer doesn't discriminate. We don't choose who wins and loses. We can only do our best in our own way and hope that it won't choose us or the ones we love.

I need your help to help others

Unfortunately, fundraising isn't my strong point and for that reason I am coming to the you, my community, and reaching out for help. I am leading a team of riders from my company in the first year that our local office has put together a team. I've done so much to ensure that the team has the support that they need that but I am in need of your help to reach my personal goal or else I won't be able to ride, and my goal to make my mark on this disease, even in this small way, may not be able to happen.

I know that it is a challenge to make financial commitments, but I hope that you or your organization can help me to reach my modest goal and I will be sure that your efforts and commitment are appreciated and shared as I pedal 200 km in 2 days to show this disease that we won't go down without a fight.



[Finding your thinspiration](#)



This time of year is always a challenge. It is a time to celebrate, which we usually pair up with lots of dinners, treats, drinks with friends and so much visiting that the personal schedule is pretty much thrown out for the month, which also includes fitness time.

As a cyclist, I usually have summer targets for peak fitness. And by peak fitness, I mean to be able to generally keep up with the cycling group that I ride with. I've been cycling semi-competitively for about 6 years now which has helped me to maintain a fairly healthy lifestyle.

Challenges in life come along of course, and along with that can be unexpected changes in lifestyle. In the last year I had a number of changes in my lifestyle that resulted in a gentle decrease in fitness with a gentle increase in my intake. These two things combined together resulted in a 20 pound increase in my body weight.

This year I participated in the Tough Mudder event in Toronto. Because I knew that I was increasing my strength, I was more focused on doing resistance training and relying on a reasonable aerobic base to get me through the race. My diet plan was simple...no plan. I just ate at a typical North American rate of around 2400-2700 calories a day.

Diet and exercise are paired together...always. If you have one, or the other, but not both you will slip out of your overall fitness regardless of how much you increase the other.

Thinspiration

There is a term called “thinspiration” which is meant to be your thin-inspiration, or what it is that you see as your goal to reach a body image. I use a fitness goal as the only target, with the body image being the result rather than the desire. For me, there was a simple way to become “thinspired”. I saw a picture of myself at the event and realized that although I was physically stronger because of my workout routines, that I was definitely carrying some extra weight.

This was my kickstart moment to get aggressive about my health and fitness again. On the heels of a great training year, I have now reduced my intake and changed my diet to be much more balanced. That being said, I also still enjoy great food and some sweet treats, but with the goal to either counter that intake with exercise, or to reduce intake at other times to reach that balance overall.

Within the 12 weeks following the event I had achieved my goal of levelling my weight back to my “race weight” goal and also to ensure that I continue to use aerobic base training and resistance training to increase my power to weight ratio and build on my core fitness to be over and above where I have ever been in the past.

#plankaday



Part of my every day goal is now to add something called [#plankaday](#) to my routine which is to do a plank at least once a day, every day and make your goal to reach and increase your plank time each day. More than anything, the goal is to be consistent and to add that fitness regime to your daily tasks so that it becomes a priority, which is what your health and fitness should be!

In a week I have been able to get my daily plank time up to 2:17 and I have set my goal to reach 3:00 by January 15th which is a reasonable and achievable goal, but more than anything it is a goal.

Gentle changes make for simpler adoption

The long and the short of my story is that I was able to make gentle changes to my lifestyle in order to have reachable goals, and more easily make the diet and exercise plan easy to achieve within my schedule. I’m a single dad with two kids, so I’ve learned to be creative with squeezing in workouts including using home routines as simple as push-ups, planking and crunches when I don’t have a chance to get to the gym.

Not only has it helped me to feel better about my health, but it has inspired my kids to also make exercise a fun part of their day. There is not much better to inspire me than to know that my family will be inspired by ourselves.

I'm sharing my story because I want to be able to do anything I can to help others see that there are successes possible without having to make massive commitments to time and crazy diet changes. It's also important to see that every day lifestyles can easily make simple changes to get you to feeling better about things.

I hope that you can find your thinspiration, and if anyone wants to learn any tips on how to make the same kind of gentle changes to their lifestyle to reach real, attainable goals, then feel free to add a comment, or [Tweet me](#) and I'd love to share in your journey to your own personal goals.