



**Calvin Toth**, AV Productions manager, has been **Staying Well at the U of L** by training and completing marathons! His first 1/2 marathon was done in November 2013 in Las Vegas.

Already a fan of running, Calvin made a decision to improve his health in 2011, and just put on his running shoes and left the house. His inspiration and motivation came from his friends, and colleagues who were already runners as they always checked up on one another.

When asked what helps make it easier to start running, Calvin says "Music, music, music. The right tunes for the day, help drive me every morning and keeps you moving." Calvin also uses the **Nike Runners App** to help gauge and keep track of his progress. He also gave us some tips to get started. "Just do it, make that appointment with yourself and keep it, don't give up, don't quit. The hardest step is the first one, but once you go around the block once, you're on your way. Also, get comfortable shoes."

"Running has completely changed me, but it's more than just getting healthy," Calvin states. "It shows that I can accomplish the things I set out to do, by just being true to me."

Such true and strong words Calvin! Thank you for showing how you stay well at the U of L.