

MEMBER WELLNESS SPOTLIGHT

Dr. Alicia Shelly: Running for Wellness

If you told me 4 years ago, that I would have completed a marathon, I would have thought you were crazy. Growing up, I was never an athletic kid. I tried basketball and volleyball. However, I was never good at dribbling a ball or bumping the ball to a teammate.



In 2016, my friend asked me to complete a 5k with her. I was skeptical at first, but I started to train using the couch to 5K app. After finishing the 5K, I felt good. So, I set my sights for the Peachtree Road Race 10K. After I completed that race, there

was no stopping me. With the help of Atlanta Track Club In-Training Program. I completed my first marathon in 2017. Since that time, I have run over 40 races from 5k's to 3 marathons. I am currently training for the Chicago Marathon in October. I have become a run lead with the Atlanta Track Club encouraging other runners to reach their goals and feel more confident running marathons and half marathons. Training for these races, helps me to reduce my stress and stay in shape. I feel more confident talking to my patients about exercising and starting their own healthy regimen.

How do you address your own wellness? What helps you find balance and happiness in your life? Let us know how you fight burnout and find balance! Email us at: GAACPwellness@gmail.com

WANT TO KNOW ABOUT UPCOMING 5Ks in GEORGIA? CHECK OUT THIS LINK:
<http://www.rungeorgia.com/calendar.html>