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My New Year's resolution has become part of who I am

“ Okay I am being honest, I didn't make any specific resolutions apart from the one we all have - to get fit and lose my man-boobs. I resolved to this towards the end of 2012 having being inspired by the Olympics and Paralympics and the thought of hitting the pool at a trendy hotel to celebrate my wife's birthday later this year - no pressure.

I run and have done a few 10K races but I am also trying to vary the exercise and instead of just working out in the gym, I am doing more classes to mix things up a bit and escape the harsh winter weather. For me, running is hard work, rewarding; and calming.

I first started running just before I was diagnosed with Type 1 diabetes. I wanted a challenge and so bit the bullet and entered a 10K much to my wife's surprise as I had been talking about it for ages. At first I was hopeless.

I can still remember doing 800m on a treadmill in about 10 minutes and feeling like I needed an ambulance. However, I had set myself a challenge and being a stubborn Yorkshire man I plugged on. I got a bit quicker and I started to lose some of the post wedding contentment bulge.

I then ventured outside near my home and on my own as I didn't want to embarrass myself. It was a short route but hard enough for a newbie. I ran the same route a few times and very gradually it got easier and I got quicker. As the days got longer I started to run in the mornings and the evenings. I started to see some improvements both mentally and physically.

My first 10K came and went. I was pleased that I had completed it as I had never done anything like it before. At school I had been the tubby



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