

# 85 Pounds Down...



**A way of life**—For Scott Higgins, the Lehigh Parkway is a second home. It's where he's training for the Lehigh Valley Health Network Marathon for Via.

# 26.2 Miles to Go

Scott Higgins finds motivation to run a marathon after shedding extra weight



A few years ago, the idea of running 26.2 miles would have made Scott Higgins laugh. Standing 6 feet, 2 inches, Higgins was overweight (weighing more than 280 pounds), often tired and not very happy with himself—all the result of dealing with life’s day-to-day stresses. But this year, Higgins, an organizational resource associate, isn’t laughing—he’s training to run the Lehigh Valley Health Network Marathon for Via.

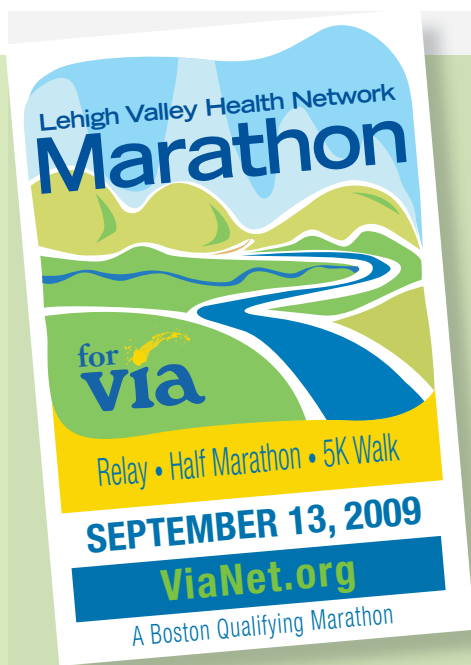
Getting out from behind a desk and into training shoes wasn’t easy for Higgins, despite a love for playing hockey and other sports in college. It took strong encouragement from a good friend for him to join the Human Performance Center and to start running. “The first time I went for a run, I was barely able to go for more than 20 minutes,” Higgins says. “I kept asking myself why I was torturing myself like this.”

Eventually, with support from friends and family, he stopped cursing himself and started to enjoy running, finding a home at the Lehigh Parkway. “Running definitely is a love-hate relationship that borders on hate-hate sometimes,” he says. Then Higgins began to see a benefit from his hard work: he shed more than 40 pounds. “I was thrilled,” he says.

Those results spurred more motivation. Higgins ate better—replacing junk food with vegetables—and cut back on calories, losing another 45 pounds. Now at a trim (and getting trimmer) 195 pounds, Higgins has several 5Ks (3.1 miles) and a 10K (6.2 miles) under his running shoes and plans to run his first half-marathon in May.

In an effort to reach his next goal, a marathon, Higgins is up by 4:30 each morning to run 3.5 miles, and plans to run longer distances. After work, he hits the weights at the gym. Now he’s laughing at his old lifestyle, and doesn’t plan to go back.

—Matthew Burns



## On Your Mark, Get Set, Go!

Want to enjoy a run (or competitive walk) and benefit a good cause? Sign up for this year’s event. You can run the whole 26.2 miles, a half-marathon, join a relay team, take part in a competitive walk or volunteer to help along the course. All proceeds benefit Via, an organization that helps people with disabilities.

The event takes place Sunday, Sept. 13. The course begins at Lehigh Valley Health Network—Cedar Crest and winds through the Lehigh Parkway to the Lehigh River Canal Towpath to an Easton finish line. Registration is open, and health network colleagues receive a 15 percent discount on registration fee with the promotion code 15DISCOUNT. Get more details and register at [lvh.org/marathon](http://lvh.org/marathon) or call 610-402-CARE for more information.

## Want to Compete for Free?

Lehigh Valley Health Network will sponsor five individual runners and five, five-member relay teams. Go to [lvh.org/checkup](http://lvh.org/checkup) and tell us what inspires you to compete in a marathon. (Teams should provide only one entry.) The winning entries will receive free marathon registration. Entries are due by April 16. The winners will be announced on the “Network News” section of the intranet ([lvh.com](http://lvh.com)) on April 30.