



**Sweaty She Monday (4/13/09):
Aqua Jogging is for Nerds...I am a Nerd**

By Susan Farago

Weekly Sweaty She postings can be found on "Sweaty She" Facebook

My running has recently been sidelined due to plantar faciitis – or what I’m referring to as a “new bodily learning opportunity”. But to keep in running shape without actually running, I am relegated to the pool and aqua jogging. Truth be told, I always thought it was a bit of a nerdy looking activity but have since gotten into the groove of sporting my big foam belt and “running” around the deep end of a pool in circles with my head bobbing up and down. I am not really the self-conscious type (where was this skill in high school?) and no longer really pay attention to what others may think...until today.

My workout schedule called for 30 min of recovery aqua jogging so I pulled on my sleeveless wetsuit, flip flops, and headband visor and walked down to my condo’s outdoor pool with purple foam aqua jog belt and towel in hand. This time of year the pool area is pretty deserted so I was very surprised to see a bunch of people in and around the pool. There were two teenage girls in the pool, laughing and giggling, sporting very cute bikinis and matching hair scrunchy thingies. They both stopped and stared at me as I approached in my black rubber suit. The phrase, “Dead Sexy” (from Austin Powers, Fat Bastard) flew through my brain as I’m SURE that’s exactly how I looked. They gave me a cherry “hi” as I walked past. I put my towel down and looked over to see two more young, cute, “gotta work on my tan” type females bathing in the sun. As I strapped on my gynomous purple foam belt over my wetsuit with a loud CLICK, each of them glanced over the top of their sunglasses at me, eyed me up and down, and then went back to their sunning. “OMG she looks so nerdy!” - I could almost hear it!

I got in and started the mind numbing activity known as “aqua jogging”. Swish, swish, swish of the water as I pumped my arms and jogged around and around and around the deep end of the pool. And as I reminisced about being young and concerned about tan lines, I smiled to myself and thought, “Give me my foam purple belt and my lack of self consciousness any day!”