



It actually is possible to run (and swim and bike) from your problems!

a few months to find a job, and I struggled with homesickness and loneliness, especially since the time difference made calling friends and family in Boston difficult. I found myself in tears many nights. I felt like I was having an identity crisis. Without my old life, *who was I?*

I've always enjoyed exercise, so I figured working out might improve my mood and enable me to meet new people. I joined a gym and made friends while swimming in the lap pool. That's where I ran into a woman who told me she was training for a triathlon. It planted a seed. I was at a stage in my life where so much had already changed—what better time to embrace living outside my comfort zone? I decided to sign up for a tri even though I was afraid I wouldn't be able to do the swim within the 45-minute time limit.

I trained for three months, mostly outdoors, which also forced me to get to know my new surroundings. On race day, I completed the event faster than I imagined I could (and surprised myself with a swim time of 24 minutes!). More important, I had fun.

Setting my own challenge and conquering it made my confidence skyrocket. I now feel more content and more assured of who I am—which has helped me adapt better to my California home. I also received a super-warm welcome into the triathlon community (hello, friends!). I have an instant connection with anyone I see swimming, running, biking, or just wearing a tri T-shirt. It's amazing how much fitness can change your life.

THE HEALTHY RIPPLE EFFECT, EXPLAINED

“I discovered triathlons after a tough cross-country move.”

By Rachel Basso, as told to Jane Bianchi

Shortly before Christmas 2017, Antonio, my boyfriend of almost four years, got an amazing job offer in San Jose, California. We lived in Boston at the time and totally loved our life. I had a great marketing job and many friends nearby in the city, and my immediate family was also within an hour's drive. Still, I'm not one to turn down an adventure, so I quickly agreed to the move.

But the reality of relocating across the country was much more intense than I expected. It took

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