

The timing of the Level Up 5K program was perfect for Rocquel Broady, who works in the Office of Integrity, Compliance, and Police Accountability, as she recently realized she needed to get back to regular workouts after a four-year hiatus. Rocquel connected her MapMyFitness app to the Final Surge schedule for the training program, where she can watch her walking minutes accumulate steadily as she has been impressively committed to getting in her movement, as well as strength training, every week. Rocquel, 55, has set up her schedule for success, relying on a weekly routine and even including her dog in the fun!

Before starting the Level Up training program, what type of exercise (if any) did you do? Dancing (Liturgical) and walking sporadically

How do you fit your workouts around your work and family schedule? For the past four years, apart from dance rehearsal, I had put my workout routine on the back burner. That all changed at the end of May 2025, after my annual wellness doctor appointment, when I got a wake-up call about my vitals. On that day, I decided to get back on track with my workout schedule, and I mapped out my plan. I have a chart of my strength training days (two days per week, Monday and Friday evenings), and I do the training program walks, most times with my pup, on Tuesdays, Thursdays, and Saturdays. I also do additional cardio on Tuesdays (dance rehearsals) and at-home or a late lunch workout, using various YouTube videos on Thursdays and Saturdays.



What has been the most challenging part of the training for you so far? How do you try to overcome those challenges? The challenge in and of itself has not been challenging for me; it's been fun. Making sure my information syncs over to the app has been a stumbling block, especially making sure it accurately reflects my activity as when I walk with my pup, she likes to pause every ten steps or so to sniff around! That affects my overall pace, but I love having her with me. Additionally, I make sure to stick with the eating plan I established to coincide with my training.

Do you listen to anything when you are walking? If so, what's on your playlist? Yes, I must have music in my ear to keep the momentum. My playlist includes a variety of genres, from gospel to Beyoncé, Lil Wayne, NSYNC, Tevin Campbell, Teena Marie, Lukas Graham, Selena, Faith Hill, and Shania Twain, and, being from DC, of course, Go-Go.

What do you enjoy doing when you are not working or working out? I enjoy dancing, that's my passion. I also love spending time with my pup binge-watching Netflix series.

What advice would you give others who are trying to stay consistent with their training? Find the right playlist that works for you. By having the right playlist, you can find yourself walking (or running) further than you intended and discover the joy in the walk (or run).