

2010 in 2010 — Community Archive

Preserved by Wind Song Journal (windsongjournal.com) as a memorial to Stacey Li Collver, who started this fitness challenge group on January 13, 2010. Archive completed October 2026: all 13 posts and 12 comments.

Facebook Group Archive: 2010 in 2010

Group URL: <https://www.facebook.com/groups/429190370220> Visibility: OPEN | Members: 3 Created: January 13, 2010

About

We're starting this group again to help promote exercise & fitness for everyone & everybody. We are hoping for each member to set a goal to do "2010 pull-ups, push-ups, sit-ups, miles on your bike or whatever your exercise choice in the year 2010". As a group, we are also shooting for 20,100 as a combined total for the group in 2010! Good Luck!

Posts (oldest first)

Post 1 — Felix Wong

Posted: January 13, 2010 at 6:08 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141425221/>

Thanks so much for setting this up, Tiffany! So far my counts for 2010 are 185 pull-ups, 275 push-ups (mostly clapping ones), and 500 crunches. Have fun!

Comments (2):

- **Tiffany Thomas-Van Alst** — Thursday, January 21, 2010 at 0:41 Hi Felix! How is it going? You are motivating the heck out of me... Thank you!

- **Felix Wong** — Thursday, January 21, 2010 at 11:15 Hi Tiffany! I've been really slacking this week, but it's not hopeless yet. :) These are my counts for the year: Pull-ups: 261 Push-ups: 375 Crunches: 720 Total: 1356 So far 100% of the push-ups have been the clapping type, and 100% of the pull-ups have been dead-hangs (e.g., dropping all the way down and pausing for at least a split second). How is it going for you? Talk to you soon!

Post 2 — Amy Kal

Posted: January 13, 2010 at 6:25 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141475221/>

ok---so since my math sux---how many does this work out to per day?? (starting from jan 13th of course)

Comments (2):

- **Felix Wong** — Wednesday, January 13, 2010 at 7:23 It works out to be 5.7/day. Yep quite doable if you stick with it. Good luck!

- **Tiffany Thomas-Van Alst** — Thursday, January 21, 2010 at 0:39 Hey Amy, How is it going? I focus on 20 twice a week but whatever works best for you... Good Luck!

Post 3 — Carrie Josefsberg Levin

Posted: January 13, 2010 at 4:32 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141505221/>

My 2010 goal is do 2010 pull ups- that's 40 pull ups a week. So far 40 last week and 10 this week. Thanks Felix and Tiffany and Stacy for the inspiration!

No comments.

Post 4 — Mariea Brady

Posted: January 14, 2010 at 5:17 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141520221/>

Does skipping count? Can I do 2010 skips this year? Mx

Comments (2):

- **Tiffany Thomas-Van Alst** — Thursday, January 21, 2010 at 0:36 Hi Mariea! Skipping or whatever you choose definitely counts. Just meant to get us to do more then we would normally do... Good Luck & Congrats again on the fellowship!

- **Mariea Brady** — Sunday, January 24, 2010 at 6:09 Thanks Tif! Will check in from time to time!! Mx

Post 5 — Danielle Ryncavage

Posted: January 14, 2010 at 4:26 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141555221/>

okay Tif, if you can promise me that my abs will look like the profile pic here after 2010 sit-ups, I will do it! LOL

Comments (1):

- **Tiffany Thomas-Van Alst** — Thursday, January 21, 2010 at 0:34 Sorry Danielle I can't promise

those abs but I believe mine are better for doing 2009 in 2009... Good Luck!

Post 6 — Kenny Hartley

Posted: January 14, 2010 at 6:04 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141595221/>

I am in for 2010 pull ups and chin ups. I am at 70 and 68 respectively.

No comments.

Post 7 — Tiffany Thomas-Van Alst

Posted: January 21, 2010 at 12:31 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141645221/>

Welcome to everyone! I'm going for 2010 push ups, 2010 squats & 2010 crunches... Let us know what you decide to do & check in as often as you can: "Performance measured is performance gained".

Comments (2):

- **Tony Morio** — Thursday, January 21, 2010 at 3:15 I am going for 2010 reps with weights, will try to add other goal soon.

- **Tiffany Thomas-Van Alst** — Thursday, January 21, 2010 at 15:13 That is a great idea Tony... Good Luck!

Post 8 — Cyndi Harper

Posted: January 21, 2010 at 10:18 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141705221/>

I'm in for crunches!

No comments.

Post 9 — Tiffany Thomas-Van Alst

Posted: February 09, 2010 at 9:40 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141780221/>

Up to 300 crunches but only 60 squats & no push-ups. My elbow is still bothering me so I don't want to push it until it feels better. For those who may not have started yet(like my push-ups): There are still 47 weeks yet which means ONLY 43 a week/21.5 twice a week or just 6 a day... Definitely do able! Good Luck!

Comments (1):

- **Scott Spinucci** — Tuesday, February 9, 2010 at 21:48 wow - i got a work out just reading this

Post 10 — Stacey Li Collver

Posted: February 20, 2010 at 1:30 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141825221/>

Hi everyone! After doing 2009 push-ups and crunches last year, I decided to raise my goal to 10,000 of each in 2010. As of today, I am at 900 push-ups and 900 crunches. Thanks, Felix and Tiffany for keeping the group going this year!

Comments (2):

- **Felix Wong** — Saturday, February 20, 2010 at 8:34 Awesome, Stacey! Wow, you are a bit ahead of me in the push-up department; keep it up. These are my counts: Pull-ups: 641 Push-ups: 745 (clapping) Crunches: 1980 Total: 3366 Thanks Tiffany for maintaining this group!

- **Tiffany Thomas-Van Alst** — Saturday, February 20, 2010 at 11:02 Go Stacey! And Felix! Awesome job! Boy do I have a lot of catching up to do! You both have definitely motivated me to do some more today...

Post 11 — Felix Wong

Posted: July 12, 2010 at 10:22 PM (MDT)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141865221/>

Just thought I'd check in and see how everyone on this group is doing. I just realized I have surpassed 2010 clapping push-ups for the year and am closing in on the pull-ups. I'm only barely ahead of pace for 20,100 push-ups, pull-ups and crunches though. This is my tally for the year up to today:

Pull-ups: 1656 Push-ups: 2167 Crunches: 6965 Total: 10788

Hope everyone is doing well. Still 6 more months to go!

No comments.

Post 12 — Felix Wong

Posted: December 04, 2010 at 9:46 PM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141905221/>

OK! Who is on top of their 2010 challenges? Still 27 days to go if you are behind!

No comments.

Post 13 — Felix Wong

Posted: December 23, 2010 at 11:16 AM (MST)

Link: <https://facebook.com/groups/429190370220/permalink/10151297141920221/>

The end of 2010 is just over a week away and since I'm going to be on vacation I am formally closing my own personal 2010 challenge.

My tallies:

Goal: to do 2010 pull-ups, push-ups, and crunches each and 20,100 combined, as inspired by Stacey.

Pull-ups: 2289 Push-ups: 2337 Crunches: 9597 Total: 14223

Hope others did better!

No comments.

Comment timestamps are as displayed on Facebook. Archived October 2, 2026. _13 posts, 12 comments saved._