

Jessica H.

“This is MY time and it feels good to have that time every day...”

Someone asked me yesterday ‘why I workout so much because I’m already thin’, I answered politely that I run and workout because I’m training for my next half and it’s become a habit. However when my alarm went off at 4 am this morning that question kept going through my mind! What motivates me?!? Not only am I doing this for my health and to be in shape but this is MY time. MY time with my thoughts, my time that I’m not running around with my kids, answering emails, or working on some presentation. This is MY time and it feels good to have that time every day... Even if I have to get up at an awful time every morning. 4 miles this morning with Abs/Back and it felt amazing!! Enjoy your time today.[Jessica H.](#)



