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I have always been active, but after high school sports and having a practice or game every day of the week college was a shock to my body. I still played intramurals in college, but it was not anything like high school sports. Not only was I not as active in college, but my eating routine changed also. I was eating cafeteria food for most meals or eating out. Not much that I ate was proportioned or healthy.

As I began growing.... outward..... I started picking up running again. I would run around campus and in town which was fun for me because I got to see what all was going on around me, so I wasn't bored. My dad, who is also a runner, would meet me on the weekends and we would run 5K races together in the area.

After college, I continued running and I picked up weight lifting also. Weights seemed to really help my waist line, so I liked that part. I started to get bored with running, so I set a goal for myself to change me. My first goal was to run a half-marathon! I joined a running group in the area and trained with them. I really enjoyed the group on those long training runs. That's the only thing that kept me going. I completed about 3 half-marathons, then completed a full marathon, and now I have moved on to another goal to continue to challenge my body and mind... Triathlons. I will compete or complete my first triathlon in a couple of weeks.

During all of the physical activity, I have learned how and what to eat to help my body endure the training. I really have to watch what I eat because I tend to think if I workout, then I can eat whatever I want and that is clearly not the case for me. I still LOVE food and have what I want, but in small portions.

EAT... SLEEP....EXERCISE..... Have Fun!