

Working It Out With Nike+...Again

I started working out with the Nike+ sportband last May and was doing pretty well with it for a while. I had clocked about 80 miles in 2 months but eventually stopped using it. I wish I would have stuck with it then but the past is the past and the present is the present. So, I'll spare you the should haves, could haves, and would haves and just let you know that I am finally back using my Nike+!

I needed some help to get back into the exercise routine so I hired a personal trainer who has been kicking my butt, by the way. Getting back into working out is so hard but I know it will get easier if I stay consistent with it.

Anyway, I am super competitive, so send me a Nike+ challenge. My progress is to the right. I finally reached 100 miles!