New, Exciting Chapter in My Life!

I work for DHS and had been gradually increasing my weight & decreasing my activity level over time. Thank goodness I finally took the advice from my sister-in-law and joined her in working out including a lot of cardiovascular exercise. After just a few weeks, I started noticing how much better I felt and gained an incredible amount of endurance. I have incorporated running into my exercise routine and keep my sister-in-law as an inspiration to keep going and definitely find having a work out buddy is a great motivator. Exercising regularly also helps with decreasing my stress level at work.

Since I have started regular exercise, I am happy to say that I have lost 15 lbs over 4 months and completed my very first 5k within 30 minutes! I never thought I would like to run let alone love to run. I look forward to the next 5k and have even registered for a beginner level sprint triathlon in August. Exercise has truly brought a new and exciting chapter in my life and I can't wait to see where it takes me next!

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