

## A Spiritual Journey (AS WELL AS pHYSICAL)

### Description

My trainer and developer of a unique “Time under Tension” program for increasing life-skills strength and stamina, [Xgym.com](https://www.xgym.com), PJ Glassey, interviewed me after I came home from walking the Camino de Santiago. I had mentioned to him that my workouts with him and his cadre of trainers had made my 85+ mile walk possible. Enjoy our nineteen minutes conversation. I'd love to hear your reactions, so leave a comment.

**Be Well, Do Well, and Keep Moving!**



### Category

1. Be Well health tips

### Tags

1. El Camino de Santiago

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