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, 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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