

Working Out Together – Blayne Smith

TRANSCRIPT

BLAYNE:

It can be challenging to transition from military life to civilian life. I came back home and I felt guilty. So when I realized that things weren't going as well as I hoped they would it was a big wakeup call for me. I knew I had to get back to doing the things that made me who I was before I could really start feeling better. I had to force myself, in some cases to get a little bit outside my comfort zone. I started running and exercising more and that made me feel great. When we get people together, then they can support each other. Physical activity is just a great way to do that. Not only is exercise great for your physical, mental and emotional health, but it's just a way for people to build meaningful connections. I'm Blayne Smith, Executive Director at Team Red, White and Blue. And Team Red, White and Blue is making better communities through physical, social activity.