

### Know your pace

We are all different regardless of what characteristics some of us might share in common. We like different food, we dress differently, we drink different beers and whiskeys. We squeeze toothpaste tubes differently and all these different things we do, big or small, are a reflection of our point of view, our take on things; our perspective.

I started a jogging routine last year after the long walks alone stopped cutting it for me. It came to a point where I would walk for three hours and feel nothing. So, one day I stepped out of the house for a long walk and mid way through the walk I stopped for a minute and started jogging. Just like that. My body demanded it, I wanted to burn some serious calories which had stacked up for a while. That's how the routine started. I jogged every day for about a month and just like that it became a thing I do even when I don't want to sometimes.

One of the first things you notice when you start joggin is that people jog or work out for different reasons and each of those people has a pace; a speed at which they jog. Some are slow and some are fast. Some work out for longer periods than others and each one has a routine of drills they do, those who have routines anyway. It gets demoralising on the first few days when you meet the **first pacers** who are killing it with their routines and you can't even finish a 5 minute trot.

It gets sad quickly but then if you think about it, you will realise that these are people you have no idea about. You don't know their names and neither do you know for how long they have been working out for. Start slow and find your pace, in a few weeks you will be surprised of how much distance you will cover before breaking a sweat.

#Wakweika