

CRCE is a much newer building than IMPE (Intramural Physical Education) is per say, so I feel like it is more aesthetically pleasing. It also feels like a lot of the equipment there is just more up to date and more new. So I feel like I'm getting more out of the facility there. Usually if it is too cold outside I go to CRCE and run on the track for cardio exercises.

A lot of my workout schedule incorporates cardio workouts, which is I'm either on the ellipticals or the track. If my knees feel a little bit weak from running, I go on the ellipticals and it stresses my knees less but it still provides the increased heart rate. I don't really like running on a treadmill because I like to feel I'm going somewhere.

Usually when I'm running, I listen to an mp3 player. But when I'm, weightlifting and all I don't really listen to anything because it just tends to get in the way. For me [exercising] is more of a personal thing and when you are working out you just have to find your own rhythm and stick with that. I don't really like comparing myself or finding motivation in others. Just find motivation in yourself.