

I hate burpees. They are awful, exhausting + absolutely butt kicking. I loved the intense P.T. in the Army for all those years but burpees are just hard. I never learned to like them.

But... I gave my husband a commitment to do them every day this year as his birthday gift. I started with one burpee a day and am adding one a week. I'm on week 3 now. I still have to take two chops to get close to my hands + I'm about 8 inches shy of reaching my hands. Even the three gets my heart pumping hard so I wonder how I will handle doing 30, 40 + 50. But starting small + a daily + weekly commitment I think will build enough momentum + investment to get keep going when it gets hard.

I think the smartest part of this idea is that it is Chris's birthday gift. My co-worker quit smoking almost six months ago. When I asked how she did it she said it was what her granddaughter asked for as her birthday gift. It's so easy to let myself down so I thought it was