



## This is not a place you want to be unhealthy

By Jeremiah, 40 years old, 10 years on death row

It's crazy to say I have peace and freedom considering where I am. I live for Jesus Christ or at least try to.

I like to get outside when I can. The area outside is fenced in. There are different kinds of exercise stations, pull up bars, sit-up bench, dip bars and things like that. We go out twice a week right now. It's open to anyone on death row who wants to go out. I love the sunshine. I enjoy exercising to stay in shape and healthy. We mostly use bodyweight to exercise but there are medicine balls outside to use.

This is not a place you want to be unhealthy. Being healthy helps keep a positive outlook I feel, and a positive outlook is important no matter how old you are and no matter where you are. Having a positive outlook doesn't negate negative situations, it helps to see something good no matter what. So, it can cancel out complaining or grumbling when you can't do anything to change a situation.

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