

# Breakin' Sweat

Think of the names of the people you know who break a sweat...at school. Our studies make us jittery inside, and scramble at the last minute...but where is the release? The excitement? The ache? The adrenaline? It's on the field, where it has always been. To get out there, on the court or in the grass, makes everyday worries dissipate into the sky. Suddenly your concentration is focused into a pinpoint--and only when you stop and think about what you have just done, do you realize you have been *"Breakin' Sweat."*

