Subject: Re: Earphones to use when jogging Posted by chatzy02 on Sun, 12 Mar 2017 20:07:46 GMT View Forum Message <> Reply to Message

I agree. Sometimes we allow music and movies to distract us from actual thinking about our lives and how to make them better. That time jogging could be used for that. In fact, what better time than when your brain has all that oxygen pumping into it?

