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# **An Apology and a Promise**

First, I need to apologize for not posting in so long. Recently my mom was diagnosed with thyroid cancer. There's a high probability that she'll be fine, but it's definitely changed a few things in my life. In an attempt to keep her stress levels at a minimum (because we all know how detrimental stress is to your health), I've been working for my dad helping him finish his house so they can move in.

So I've been working 11-12 hour days 6 days a week - leaving me with VERY little energy for writing blog posts and dealing with all the other things that need to be taken care of in my business. On top of that, my computer is hooped and I'm working on getting a new one.

But I don't like making excuses, so I'm going to make a promise to you. I'm going to post at least once a week (on average - so if I miss a week I'll post two times the next week!). Only the posts won't be entirely my writing.

I'll be sharing some of my favorite articles from my favorite fitness experts and adding my comments. That way I'll still be able to provide you with awesome content even when I'm exhausted. :P

With that said, I'll kick this off tomorrow!

\*Update\*: My goal is now 1 post a day rather than one a week. I've got too much to say to only do one a week.

Shawn Horwood

P.S. My mom's surgery is in June and around that time we're hoping to have the occupancy permit so they can move in. I'll also have a new computer (instead of my constantly crashing 4 year old highly abused & overused laptop) so by mid-July I'm going to have some GREAT stuff for you. I've got a few things I'd like to share, I just don't have time to take my ideas from my head and put them onto paper (figuratively speaking).

You can also find this article published on [An Apology and a Promise](#)