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If today is Tuesday this must be Belgium

Tuesday, February 12, 2013

That was the title of a 1969 movie where the setting was a 9 country bus tour of Europe in 18 days. DH and I have been traveling a lot since retirement, especially to Europe (3 times last year alone). Sometimes we join an organized tour (river cruises not buses), but often we just go it alone. Sometimes we have a definite plan and sometimes we just see what happens.

I thought of this today since it's Tuesday and recently I decided to follow a definite fitness plan. I've been keeping fit since retirement in 2007. I have more time after all. However, each day was a "what do I feel like" day.

It was Jan 1, 2009 when I decided to follow a healthy eating plan and lose the weight. Exercise was never my problem, food was. I always worked out because I LIKED it. On Jan 1, 2013 I decided to examine what I was doing and work within a specific exercise plan.

I've always kept a log of my workouts. I've mentioned quite often that I like data as well as exercise. But now, I wanted seriously to think about speed and distance and even keep a record of strength training which I do because it's "good for me" the same reason I eat my green vegetables.

Last week I even posted my fitness plan on my page – the plan I've been following for 6 weeks.

So, if today is Tuesday I will go to the center of town and run the "loop" for a total of 5 miles. It's a nice morning. In case of bad weather, I run the equivalent on the treadmill.

It's only been 6 weeks, but I'm pleased that I've actually seen improvement – speed, distance, even weights. Having a basic outline to follow has definitely helped me get a jump start on the year.

However, I do miss my more casual approach a bit. Perhaps it will help as we get into spring and I add my warm weather variations - kayaking and canoeing on the lake, even joining DH for laps in the pool at the Y. (I hate going out into the cold after a swim)

Eventually I want to seek the middle ground between my previous "whatever I feel like doing" attitude and having a definite plan to follow. I'm glad I have a range of nutrients I can get from a variety of sources. Similarly, I want to have a variety of fitness activities too.

Extremes or rigidity have never worked well for me in the long term, in nutrition, exercise or in any area of my life.

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SWEDE_SU

heh - i remember that title well, because the next line after the comment is "you must go to the university of pennsylvania", which we did at the time:-) and then we lived in belgium for half a year...

sounds like you are working on a plan that works for you right now!
3040 days ago



BOILHAM

Second comment on this blog. DW and I did one of the multi country Motor Coach (never call them a bus, the tour guide will chastise you) European tours.

It was perfect for us. She'd never been before, and is a reluctant traveler. For me, I'd been around Europe a bit while in the Navy. We saw the important highlights and was great fun. A beginner tour for the unsophisticated traveler - perfect for us.
3043 days ago



CD13252816

I remember that movie too. It's become a catch all phrase~it's that good. You and DH have had some wonderful trips...I could have come along hidden in your carry-on.



There is a wonderful place in between rigidity and blowing it. That's the place we all desire. Enough change to feel the difference and not so stringent. Punishment is not the best way to get desired outcomes. Treating yourself as you would a best friend works really well.



Thanks for giving me a lot to think about.
3044 days ago



CELIAMINER

Wish I had the discipline to follow a well-defined plan, but I don't. I try to walk most days, and the only real schedule I keep is yoga on Mondays and weights with my trainer, usually on Thursdays.

3044 days ago



HANSBRINK

"If today is Tuesday this must be Belgium"

That was the title of a 1969 movie where the setting was a 9 country bus tour of Europe in 18 days.

I remember that movie. One of the scenes I remember was in the restaurant where one of the tourists wanted to order a hamburger. Years ahead of his time. McDonald's and KFC (among others) now are world-wide.

I track what my exercises are too. If I have an off day, I can usually spot why. Same for a good day.
3044 days ago



DR1939

We travel a lot also, usually on our own. We did a Russian River Cruise a couple of years ago. As we were traveling with a friend from Australia and buying a package with airfare was not feasible for her, we booked on line with a European broker. We ended up with 29 British, 1 Aussie, and 2 US (us). It was a very interesting experience. There was a large American tour on the boat also. Interesting look at Americans from the outside.

3044 days ago



WILSONWR

You're right - balance is important! Structure is needed to make sure we make progress, but a variety is needed to make sure it's fun enough to continue easily.

3044 days ago



KATELOSS2009

I think you have a great balance! Rigid plan for a while, then freeform for a while - you know yourself and what works, and as long as you're happy and making progress, I think you should take cues from your body (and mind) as to when the plan needs to switch.



3044 days ago



COCK-ROBIN

Just take it at your own pace. You're doing this for you!

3044 days ago





BOILHAM



We are alike in that I don't care for following programs, or micro managing food intake. I call it my "fly by the seat of my pants" attitude. I even wrote in one of my blogs how I take in loads of information. I love information and love to read about the things I am doing. Then I kind of use the buffet approach, pick and choose what I feel suits my style. My style is after all, different than his, hers and yours. I am the best judge of what's right for me. But this style is not for everyone. You still have to do your research and use your brain a bit. Sorry for the blog within a blog, but I know you like me, so you'll let me get away with it. This time.



3044 days ago



CD10259955



I tend to do the same - it depends on my mood! But now that I am hopefully on the up side of my PT/recovery, I won't be returning to my running anytime soon. That means a complete shift in my workouts and my workout mentality. Starting a fitness log would be a good idea so I can get a better picture of what I am doing in place of running. Thanks for the idea!
3044 days ago

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