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The day I shocked the cardiac-rehab group

Wednesday, February 13, 2013

There was a recent post about forgetting gym clothes that sparked a memory.

Since I live in a popular retirement area, my local gym is full of senior citizens, like me. "Silver Sneakers" is our biggest fitness class. I don't attend that, but take advantage of their time slot to be sure to get my favorite treadmill.

It's a small gym without a locker room. I wear my running shorts & top under my clothes, strip them off into my gym bag and jump on the treadmill.

The main, much larger gym in town has many facilities including a locker room.

As I walked in there one day and passed the fitness room, I noticed that only one treadmill was available. The cardiac-rehab group was in session. So I ran in, grabbed it, pulled off my sneakers and pulled down my pants to reveal that I hadn't worn my running shorts. They were still in my gym bag!

As I stood there in my underwear, pulling my pants back on as quickly as possible, I hoped that I didn't cause anyone to have a shocked relapse. They were all recovering from heart attacks after all. Fortunately, no one seemed to notice. Either my underwear isn't noteworthy enough or they were all glued to the latest news on TV (or pretended to be).

Lesson learned. After that experience I always take off my pants very slowly to be sure the shorts are on my butt and not in the bag.

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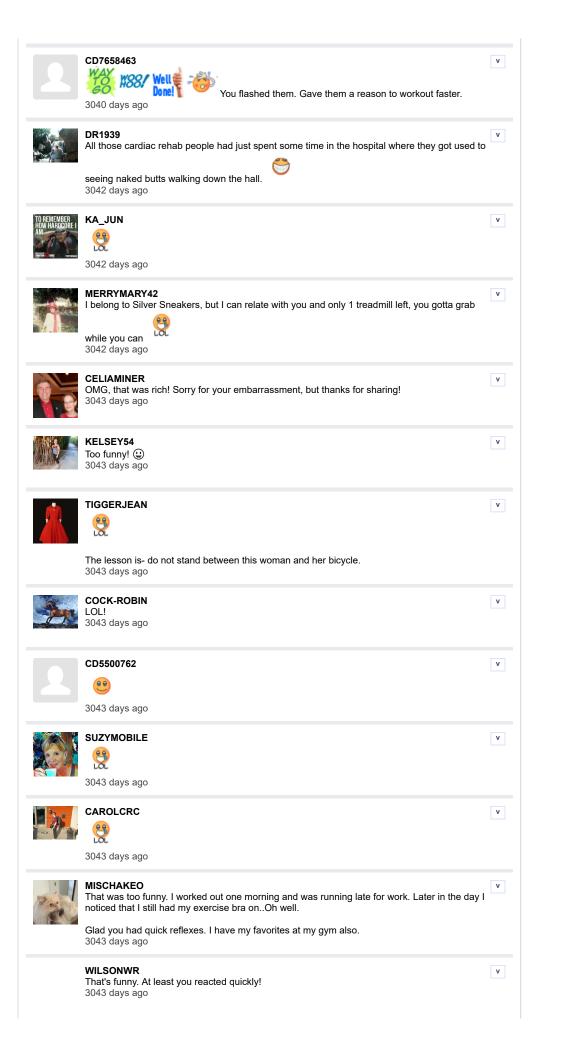
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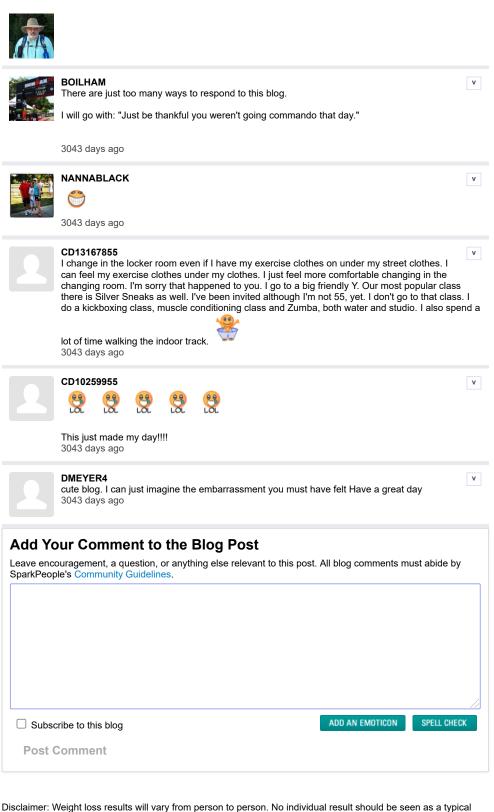


PIXIEMOM13

Oh dear..what a hard way to learn that particular lesson!

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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typica result of following the SparkPeople program.