



# BROOKLYN\_BORN

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## Strength training: Past, Present & Future – My visual reminder

Thursday, January 17, 2013

My living room would make a decorator cringe. Displayed prominently are these.



The past: The 2 sets on the right (1 & 2 pounds) are the ones I bought for my mother. Her poor muscle tone was impacting her daily activities and I turned into quite a “geriatric personal trainer” to try to stem the tide of time.

Lesson learned: Don't wait until you are in your 80s to get serious about this.

Mom complained and asked “why aren't you doing this?” Well, because I thought I was fine. At work I actually once won a “bicep” contest where they measured the difference between your unflexed and flexed muscle. If you've read my blog in the past, you know I always thought I was fine, even as I gained weight. But Mom persisted and to keep her motivated I bought the next dumbbells in the line – 3 pounds – and Mom and I “worked out” together.

Mom, approaching 90, never progressed to heavier weights, but she was able to do more reps. I was happy to graduate to the yellow 4 pound pair.

The Present: I use the 5 and 6 pound pairs now, three times a week and when the exercise calls for 2 hands, I pick up the 8, 10 or 12. The 8s and above were a present from my daughter. She has higher goals for me than I had for my Mom.

The Future: I have the mate to each 8, 10 and 12 and I hope to progress to that standard eventually and justify my daughter's faith in me. I even have a pair of 15s. They're currently serving me well as door stops in the basement. I really don't see myself using those, but who knows.

Now why must I keep these in plain sight? Because without this visual reminder, I would never bother with them. Also, keeping Mom's weights in the line reminds me that it's possible to really lose muscle tone as we age. Those are my genetics after all.

There's another fitness tool I keep in plain sight – my scale. It's at the entrance to my kitchen. Another decorator no-no! Daily weigh-ins became necessary as my Mom lost interest in eating and her weight steadily decreased. I joined her in daily morning weight checks and nutrition tracking as a means of keeping her as motivated and as healthy as possible. Little did I know that it would put me on the right track as well.

Related Blog entry: [My scale is at the entrance to my kitchen](#)

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**WATERMELLEN**

Wow! This is my style of decorating, absolutely. Out of sight, out of mind.  
3067 days ago



**WILSONWR**

Great idea! Lots of memories there and a great reminder to keep in shape.  
3067 days ago



**LOLATURTLE**

hahahaha! I think they're pretty! I have dumb bells in my living room also, but they are much, um, dustier...

I do use the ones at the gym. I should use mine at home more, though. I think I will dust them tonight and commit to doing some strength training whenever I watch some TV!

3069 days ago



**AUTUMNBRZ**



3069 days ago



**OPTIMIST1948**

Tell the decorators to go stuff it. You are focused on health today.  
3069 days ago



**CELIAMINER**

Good for you! Off in a few for ST with my trainer.  
3070 days ago



**MJZHERE**

My weights sit in my living room - where I dusted them off and put them a while back. They probably need dusted again. I have finally learned that it takes me a while to actually "start" something. In the meantime, having them there is part of the process for me. Your blog is a good reminder not to wait too much longer.  
3070 days ago



**DR1939**

I am very lax about this. I keep my weights and bands where I can see them, but I manage to ignore them. I'm not going to include a smiley because it really is not humorous.  
3070 days ago



**CD13167855**

I have a roll like that in the library. I don't use them. I worked out with weights regularly for more than ten years. I'm now more into cardio. I do some weights at the gym, but not at home presently.  
3070 days ago



**KARRENLYNN**

I'm so much better at cardio than strength training. I enjoy your blog posts very much and today was no exception. It's amazing how fast we lose muscle tone and mass without constant effort.

Good for you, keeping you and mom on the strength training game.

Karen

3070 days ago



**KELLIEBEAN**

Love your decorating! Very motivating. I'm working on using my 8 lb weights more. Slowly but





surely.

My mom had been getting into sit and fit classes at the facility they live in. Surprisingly she likes it. I wish she would hand gotten into this 40 years ago but live and learn and I'm learning from her experiences to keep myself strong and healthy!  
3070 days ago



**MISCHAKEO**

That is so cute and inspiring. I was just doing my 8 pound weights last night. Good idea to keep them and that scale in sight for motivation!



I had not weight trained in years...but try to do it twice a week. What amazes me, is how quickly you lose your tone if you skip it!

You are doing great and staying on track.  
3070 days ago



**SUZYMOBILE**

They're nicely color coordinated, too!  
3070 days ago



**DAISYBELL6**

Great motivator!  
3070 days ago



**FITFOODIE806**

Your decorating faux pas are great!  
3070 days ago



**SSUSMITA**

Inspiring!  
3070 days ago



**COCK-ROBIN**

Beautiful! A rainbow of weights. Keep on using them!  
3070 days ago



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**SUNSET09**

I've used the 20 lb weights for side bends, and overhead lifts while on the exercise bench. It's a great idea to keep them in sight and that your Mom's condition has encouraged you to work out. Your daughter is looking out for and that's a good thing. We can start from right where we are and



you all are keeping healthy as a family!  
3070 days ago



**SYNCHRODAD**

Very thought provoking. You need to add a couple of kettle bells on the string and you'll be all set. I have not worked on my muscle tone much and I am noticing a big difference as I age. Time to lay out the weights that I have. I can make a line just like yours. Thank you for the encouragement and warning.  
3070 days ago



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