



RECIPES

154,981 SparkPoints

SHOP



Info

my **SPARK**PEOPLE®

Photos

Feed

Blogs

Awards

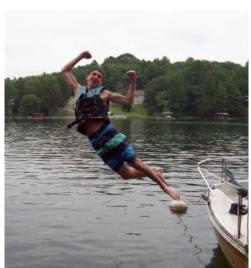
More



How many calories can you burn doing this? For an hour!

Monday, July 01, 2013





Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

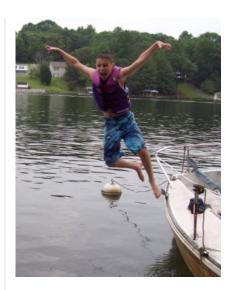
Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

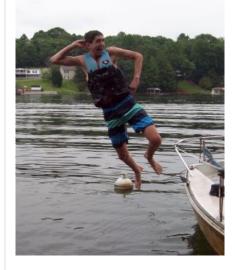
Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

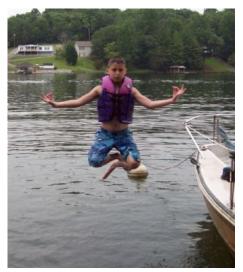




If just leaping in the air isn't enough, you can try for some interesting poses while in flight

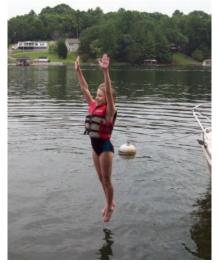


Maybe yoga meditation



Praying for the perfect entry?





Pretending a rescue?



Or just looking mad



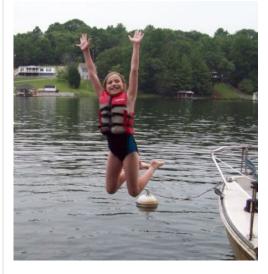
Or silly



Or trying to walk on water



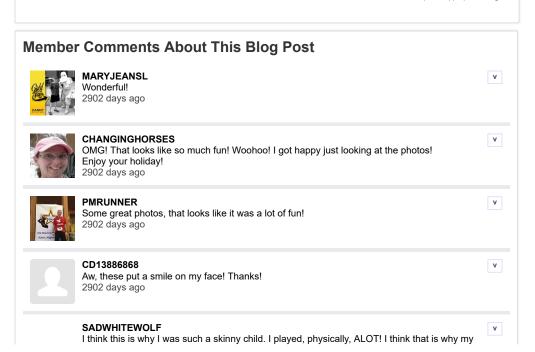
None of this could be entered into a fitness tracker unless there was a category for joy in movement.



Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog





best work outs are my self-made aerobics routine. I just feel the joy of the dancing and music and burn, burn, burn! 2903 days ago



PINKBEANBOO How fun! 2903 days ago





CD12146214

I am so loving the Swami pose....looks like us at the cottage but do you have a sailboat? I am soooo envious! Your grandkids look so happy and I bet they had a great nights sleep! 2903 days ago



PHEBESS

What fun!!!!!!! Both what the kids are doing, and you sharing it with them!!!! 2904 days ago



٧



AKATHLEEN54

Oh my gosh.... this so brings me back to the days when my kids and their cousins did the exact same thing at our summer house ... Oh what seems like yesterday!! Some of the poses are



even the same.... so much fun!! 2904 days ago





ONEKIDSMOM

Forget about the calories... think about the FUN! Those kids are having a blast! 2904 days ago





MISSB8604 SO fun! HA! 2904 days ago





TIME-4-TINA

so cute! someone has a great camera! 2904 days ago





BELLACUDDLES

How fun!! Great pictures!! 2904 days ago





CD14034154

What an excellent way to spend an afternoon!!! I love the quotes for the pictures!!! The very first thing out of my mouth, when I read they did this all day, was: "Oh the legs!" I remember when I was visiting my grandma in WV, her and granddad lived on a farm, and my sister, three 1st cousins, and I would climb up into the hay loft and jump down into a pile of hay on the floor. One of my cousins, had a bat head on a stick and he was chasing the girls with it. The next day when I got up, I could hardly walk, as my legs were so sore. I just wanted to cut them off. Well, Aunt Elsie, which is where my cousins were staying, called grandma and told her what we had done, as all 3 cousins had the same problem. When grandma asked my sister and I if we felt anything, we responded with a "NO MAM!" What a liar we were!!! It hurt like all get out!!! Oh well, such is life, for a kid, back in the day.

God bless you and yours and thank you for sharing,

- Nancy Jean -2904 days ago





ILIKETOZUMBA

Those are AWESOME photos. Totally priceless! I love kids and how they get such "joy in movement" as you so aptly termed it. It's something I'm trying to rediscover after spending so much time working out like it was my JOB while losing weight. I want to be like your kids, and just be able to get some "exercise" through that kind of playing without worrying about calories or heart rates or tracking it or anything like that. Looks like you guys had a great time! 2904 days ago

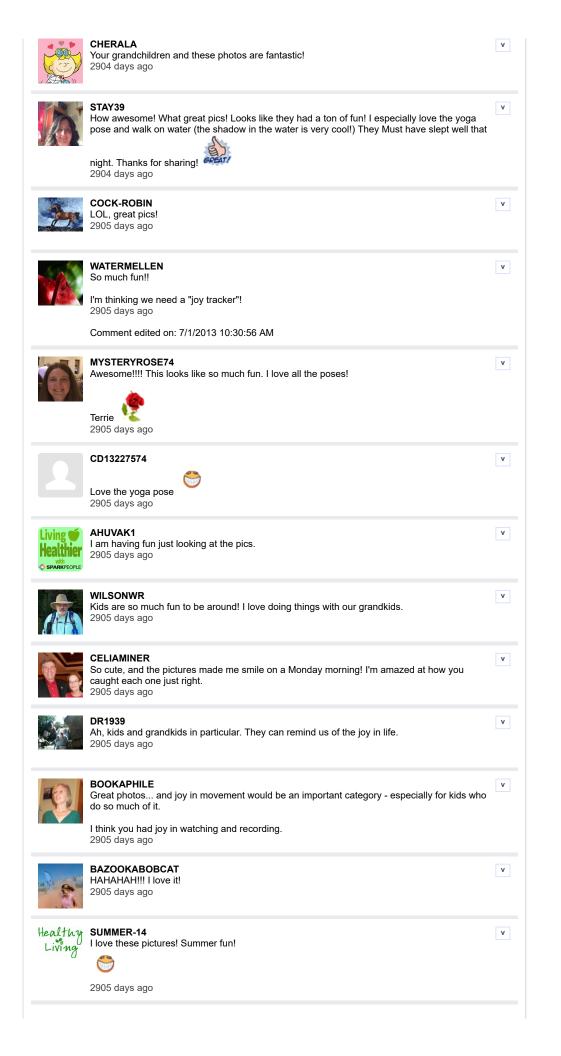


KARRENLYNN

Sometimes it's not about the tracker, it's simply the joy of being able to move and appreciating the fact that you can!

Karen

2904 days ago



	MISCHAKEO What fun they are having. I love the pictures. They are not worrying about caloriesLOL. I wondered yesterday as I was going up and down the stairs cleaning out the basementas to many calories I was burning. Your grandkids had more fun. 2905 days ago	v how
	MOOSLADY I think the pure of joy of it might be more healthy than any calories they burn! They will be looking back at this thirty years from now, saying remember how much fun we had at Grandi 2905 days ago	v ma's
Most	DOVESEYES ANESOME 2905 days ago	v
	LOVE-HEALTH LOVED these photos! Wishing you and your family all the best! 2905 days ago	V
Leave end	our Comment to the Blog Post couragement, a question, or anything else relevant to this post. All blog comments must abide ple's Community Guidelines.	by
Leave end SparkPeo	couragement, a question, or anything else relevant to this post. All blog comments must abide	